Registration Form (April 13-May 24) Visit mcdowellwellness.com for our online registration form or complete the following. Gender: M F Age: McDowell Wellness Email: (You will receive a weekly email newsletter. If you do not receive one within the first week of the challenge, contact McDowell Wellness Center. Hard copies may also be picked up at the Wellness Center). Did you participate in any of the previous Get Moving Challenges? Yes No Are you an EMH Associate? Yes No If so, are you participating in the Wellness F.I.R.S.T. Program? Yes No Phone: _____ Emergency phone: _____ Youth t-shirt size: YS YM YL Adult size: S M L XL 2X 3X 4X 5X 6X Are you participating as an individual or as a team? (Teams must consist of at least four members) Individual Team Do you give your permission for your name and/or picture to be shared with others via social media, newsletters and future marketing materials? Yes No Do you have comments or suggestions for this challenge or future challenges? Get Moving Packets with instructions and forms may be picked up at the kick-off or at McDowell Wellness Center beginning April 1. **Waiver Form** Waiver: I recognize that the Danville/Boyle County Get Moving Challenge is offered through McDowell Wellness Center and is a voluntary program that may involve strenuous activity. Any injuries that I may sustain are not the responsibility of McDowell Wellness Center. I assume the risk for any injury that may occur to me while participating in the program. Signature Print Name Date Parent/Guardian Signature (if participant is under 18) Date Print Name



- Individuals or teams of any fitness level can participate.
 The main purposes of the team are encouragement and accountability; you do not have to exercise as a team.
- Register online through the link on our website mcdowellwellness.com.

 Registration forms can also

The 2025 Get Moving Challenge is a celebration of 10 years of Keeping Fitness Fun! We hope you find ways to enjoy exercising as you track your minutes of physical activity and submit them each week to be eligible for weekly prizes and a free t-shirt.

be picked up at McDowell Wellness Center or printed from our website.

- Weekly communication and tips, including healthy recipes, will be shared with participants.
- Registration forms can be dropped off at McDowell

Wellness Center before the kick-off, at the kick-off or within the first week of the challenge.

- Free Get Moving t-shirt for all participants who submit at least 5 weeks of minutes.
- Pre-registration is encouraged.













Kick-Off the Challenge:

Join us April 13 at 3 p.m. with our Keeping Fitness Fun 5K Millennium Park Rotary-Kroger (large) Shelter

Show us how you have fun while walking, running, jogging, skipping, etc. The 5K will not have official chip timing but we will recognize overall top male and female finishers and winners in other categories such as Best Team Theme, Best Display of "Fun", Fastest Over 50, Largest Family Representation, Most Unique Costume, "Put Me on TikTok" Award, and more.