



Move2Win February 2018

The Gold Medal Challenge

Reso-what? This year, forget the resolutions and instead invest your time in making a few sustainable tweaks that will help you change your habits and see results.

To kick off the new year right, we're bringing you the Move2Win Gold Medal Challenge! Participate Thursday, February 1 - Wednesday, February 28 to challenge yourself, stay accountable, win prizes and most importantly, make fitness & wellness fun.

How to Win

Compete to win prizes based on 1 of 2 different categories – MEPs (MYZONE Effort Points) or weight loss.

Every member can win!

Lose 5% of your body weight OR earn 2500 MEPs and win a special M2W Gold Medal Challenge water Bottle. Be the top male or female participant in either category at your club location and win a special Gold M2W water bottle!

How to Get Started

Register today! Registration starts January 15. Registration is only \$59 and includes the challenge events, results tracking, a workout T-shirt and a chance to win prizes (Shirts sizes and styles are first come first serve and while supplies last).

You must have a MYZONE belt to participate in the MEP challenge. If you DO NOT have a belt, register for only \$129.95* and receive a MYZONE belt, challenge events, results tracking, a workout T-shirt and a chance to win prizes. *Tax applies to the MYZONE belt.

Registration can be done online or in club. For online registration, participants pick up their belts in the club.

Challenge Dates

The Gold Medal Challenge will run from Thursday, Feb 1 to Wednesday, Feb 28, 2017.

Prize Details

Member Challenge:

(You can only win in 1 category)

- 1) Lose 5% of your body weight or earn 2500 MEPS and win a water Bottle.
- 2) Be the top Male or Female winner in either category at your club location and win the Gold Move 2 Win water bottle

*For weight loss- Members must weigh in at the club with a staff member on or after February 1st, and must complete their final weigh in on or before February 28th with a club staff member to qualify. Weekly weigh ins will be available

*For MYZONE MEPS- MEPS in the GREY Zone will NOT count for this M2W challenge. All other MEPS from February 1 to February 28 will count towards the challenge.

TRACKING: MEPS- Participants can track their performance 3 ways: Through their MYZONE app, on our in-club displays and through our website (M2W Leaderboard). Weight loss- Fitness Directors will keep official weight loss results and progress at the club.

COMPLIMENTARY ACTIVITIES: Each club will have dedicated activities focused to driving MEPS, weight loss, and educating our participants. Please check with your club's Fitness Director for the calendar of events

PRIZE CONDITIONS: Prizes will be awarded at the conclusion of the challenge period, after all data has been audited and verified.

***Please note, MEPS in the "Grey" Zone will not count towards tracking and prizes**