



**BACK BY POPULAR DEMAND..... IT'S THE**

## **SHAPE UP CHALLENGE!!**

**What: A healthy business-to-business (or organized team) challenge to see who can exercise the most minutes on average in the month of May 2008.**

**When: May 1, 2008 ~ May 31, 2008**

**Why: A great event where the proceeds go to the United Way of McHenry County.**

**How: Sign up your team. Receive registration and rule forms. Motivate each other and go EXERCISE!!!**

**Fee: \$20.00 per team member (covers the cost of a t-shirt and prizes)**

**Contact: Amy Zornow or Nicole Fillipp at 1st Choice Physical Therapy  
847-515-3366**

### **Schedule of Events**

**May 1, 2008 - KICK-OFF EVENT at Deicke Park in Huntley, Illinois.**  
T-SHIRTS distributed and "Walk with your Competition" from 12pm -1pm.  
**RECEIVE DOUBLE BONUS MINUTES - 1 HR = 2 HRS**  
Deicke Park 11513 North IL Route 47 Huntley, IL 60142

**May 8, 2008 - "Exercise with a friend" and earn double bonus minutes**

**May 15, 2008 - "Wear your Shape-Up Challenge T-shirt" today and double your minutes for the entire day**

**May 22, 2008 - "Walk with a friend" and earn double minutes today!**  
**May 29, 2008 - EARN DOUBLE MINUTES ALL DAY!!**

**Competition concludes May 31, 2008 at Midnight. Results posted June 4, 2008**  
**\*\* Celebration Night of Location / Time -- TBA \*\***

