



## OCTOBER 7 - DECEMBER 8

### • Team Challenge

- Teams of 2-6 people
- Must be Wellness Center Member to participate

### • Perks of the Challenge

- Pre & Post InBody Composition Scans
- Beginner, Intermediate & Advanced Workouts
- Recipe & Fitness Tips Emailed Weekly
- 5% Off Personal Training & Nutrition Counseling

- **Criteria:** Prizes awarded to top three teams with the highest % body fat lost

### Registration \$30/person

Deadline: September 26 at 3 pm, no exceptions

To register, please email

[blessingwellnesscenter@blessinghealth.org](mailto:blessingwellnesscenter@blessinghealth.org)

See reverse page for challenge guidelines

## PRIZES

### 1st Place

Traveling Trophy, \$50 Visa Gift Card\*, 50% Off Personal Training Package (5, 30 Minute Sessions), Team Cooking Class

### 2nd Place

50% Off Personal Training Package (5, 30 Minute Sessions), Team Cooking Class

### 3rd Place

Team Cooking Class

*\*Gift cards subject to tax*

**B** *BLESSING*  
Wellness Center

217.214.5858

[blessinghealth.org](http://blessinghealth.org)



## Fall Brawl Guidelines

### InBody Scan Preparatory Steps

Follow these guidelines for your InBody Scan to ensure consistent testing conditions and the most accurate results:

- DO** maintain your normal fluid intake the day before
- DO** use the restroom before your scan
- DON'T** eat for at least 4 hours prior to scan
- DON'T** exercise within the 8 hours prior to scan

### Challenge Guidelines

- **You must be a member of the Blessing Wellness Center to participate.** If you are not a current member, you are required to schedule a new member registration appointment by calling the Wellness Center front desk at 217-214-5858.
- **Participants are NOT allowed to register for their teammates.** Anyone wanting to participate in the challenge must call to register for themselves.
- **In order to register, a credit/debit card must be on file.**
- **Registrations after 3 pm on September 26 will not be accepted.** No exceptions will be made to this deadline.
- **The Fall Brawl workouts are created in Excel and distributed via email.** Participants can save the Excel document to their own Gmail account and track their workouts on the Google Sheets app on their mobile device or print a copy and use it to track their workouts.
- **Team gym check-ins on the blackboard at the BWC do not count toward a prize.** After completing a workout at the Wellness Center, please feel free to use our blackboard to add one workout to your team's weekly total. This is to encourage healthy competition between teams, plus build support and accountability within teams.