



Battle of the Bookworms!

A Fitness Program just for Libraries and their Staff

...spending too much time curled up with a good book?
Need some motivation to get into better shape?
Then the **Battle of the Bookworms** is for you!

Motivation is the Key to Success

Individuals enter their workout minutes online and earn rewards from local merchants. Would a massage, comedy club ticket, or latte motivate you?

Teams issue "challenges" to other teams using "**Turn-Key Challenges**" provided free by gyms, fitness centers and personal trainers

Facilities may also host **Events** – sample classes that challenge participants can attend for points & perhaps enjoy enough to continue.

The Kick-Off will be the New Year's Resolution-Expo at the Holiday Inn Lakewood. More than 40 exhibitors and workshops will provide free help on achieving your New Year's Resolutions. (Attendance not mandatory)

Goody Bags will be handed out to teams at pre-Kick off orientations and at the Kickoff/Resolution Expo itself

We Believe in taking care of our Librarians

Library Districts may participate in scheduled Makeltme.net Challenges at no cost to the libraries or their staff.

You receive:

- * Up to four Teams, each with up to 10 participants.
- * Team names are posted on the Challenge Scoreboard – where everyone can track the team stats
- * Personal Pages for participants with full online tool usage, individual time tracking and access to all earned rewards.
- * Participants may choose their reward area from any posted greater Denver area
- * A personal training visit to walk team captains and interested staff through the website and answer questions on how the challenge works.

Options:

- * Additional teams available for a small fee.

January 23 to April 12, 2010
Battle of the Bookworms
FITNESS CHALLENGE



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