



West Chamber Challenge!

For West Chamber of Commerce Members
(and their employees)

...If 2010 is the year that you're going to get active
Let's do it together!

Another Chamber Benefit!

West Chamber of Commerce Members – may participate in this Makeltme.net sponsored Challenge at no cost.

Teams: You can combine with chamber friends, colleagues or your leads group to form a team. Or join with unmet friends to create a new team.

Individuals: If you prefer to go it alone we'll still provide the motivational rewards (tangible items from local merchants) plus you can participate in as many of the free scheduled activities as you wish.

Chamber Membership level: Your company receives free player memberships as shown below.

<u>Employees</u>	<u>Free Players</u>
1 – 10	1
11 – 30	2
31 – 100	3
101 – 500	5 (½ team)
501 – 900	10 (full team)
901 +	20 (2 full teams)

Teams have 10 members. Additional players (\$12) to fill out existing teams and full teams (\$179 incl. 10 members and Scoreboard placement) are available.

All Online – Exercise wherever & whenever you choose

- Track team stats on the Challenge Scoreboard
- Personal Pages with full online tool usage, individual time tracking and access to all earned rewards.
- Choose your rewards from 4 different lists.
- MakeltMe staff will host a get-together to explain the challenge, walk you through the website and get you started .
- Watch the Monday report for details.

Motivation is Key to Fitness Success

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

Teams issue “challenges” to other teams using “**Turn-Key Challenges**” provided free by gyms, fitness centers and personal trainers. Teams compete at the host facility; which supplies the location, equipment, rules and scoring.

Facilities may also host **Events** – sample classes that challenge participants can attend for extra points & perhaps enjoy enough to continue. No “hard sell”, ever.

The Kick-Off will be the New Year's Resolution-Expo at the Holiday Inn - Lakewood. **Goody Bags** will be handed out to teams at orientations before the Kickoff and at the Kickoff/Resolution Expo itself

January 23 to April 12, 2010

The West Chamber
FITNESS CHALLENGE

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