

Health Trek 2010

APRIL 19TH—MAY 30TH

Registration Deadline is April 16th!

Please join us for Health Trek's 16th year of promoting healthier lifestyles! This friendly team competition is open to all businesses, organizations and individuals in the Norfolk area. Participants enroll as teams and earn points for exercising and other healthy lifestyle choices. It's fun, it's easy and a great way to get in shape for summer with the encouragement of your team!

How it works:

Points are assigned to various activities, depending on the level of intensity and duration. Team members track their daily points and submit their weekly total to their team captain. The captain then submits the team's points each Monday to Health Trek by email, fax or phone. The Health Trek team standings will be distributed each week by email.

Rewards of Participation:

- **Health Trek t-shirt** (Size options: S to 3XL).
- All participants are eligible to win one of **MANY randomly drawn gift cards** at the conclusion of the program.
- **Stainless steel Health Trek water bottle** for hydrating on the run.
- **Weekly team standings** to track your team's progress.
- **Common Sports Injuries seminar** — Health Trek is offering a seminar entitled, "Common Sports Injuries" on two separate dates/times for members to participate in. This seminar will be offered on 4/26/10 from 12:00pm - 1:00pm and on 4/27/10 from 6:00pm - 7:00pm in the Nebraska room at Faith Regional. Join Jenni Aschoff, Certified Athletic Trainer with Faith Regional's Rehabilitation Services, to learn what you can do to make sure that you're not sidetracked by a sports injury. This is a timely topic for Health Trek as there are many participants who will either be beginning a fitness program during Health Trek or expanding upon their usual fitness program. Although a sports injury can happen to anyone, there are precautions that you can take to minimize your risk. Also, learn what you can do in the event that you do suffer a sports injury and the types of treatments that are available to you. Seminar attendance is optional and is limited to the first 120 members who indicate they'd like to attend on their registration sheet. Attendees will earn 20 points for the seminar.
- **Skyview Lake Poker Walk**— We will have our Health Trek Poker walk on 5/4/10 at Skyview Lake from 5:30pm—7:00pm. Bring your team members and show your support for one another by getting together for a group walk. All Health Trek members who choose to participate will receive 20 points for participating in the event in addition to the points earned for the exercise. PLUS, don't forget to add in points for walking with your family, friends and/or team members! Prizes will be awarded for top hands and we will also draw for some random prizes from everyone who participates...regardless of your poker hand.
- Optional **trivia questions** to be completed by your team for extra points and interaction twice during Health Trek.
- **Health Trek trophy and prize** to the top 3-member, 4-member and 5-member teams.
- The **encouragement of your team** will help you to stay motivated & to challenge you to reach your fitness goals.

How to register:

Gather your 3, 4 or 5 member teams and complete the enclosed registration form. Return the completed form along with your team's FULL entry fee to the **Health Resource Center**.

Cost is **\$10.00 per person** and MUST be **received by April 16th!**

Thank you to those that have participated in previous years—I hope to see you challenge yourself again this year. **Last year we had 163 teams and 754 participants.** So gather your teams and register by April 16th!

Health Trek information and forms can be accessed at the Health Resource Center page on Faith Regional's website: <http://www.frhs.org/hrc.html>

For more information contact the Health Resource Center at 402-844-8128 or email mnemec@frhs.org