



Want your family to get fit? Want to improve your family's diet? Want to win prizes?

Join us for the 1st Annual South Carolina Fit Family Challenge™. The Fit Family Challenge™ is a lifestyle program for our community featuring fitness classes, expert advice and nutrition information to help you and your family be the healthiest that you can be. Over the challenge period, May 15th-July 10th, families set goals, keep track of healthy habits online and log weekly minutes of activity to be entered to win prizes as incentive to get moving!

What could you win?

Along with weekly prizes, one family from the Upstate will win...**A Grand Prize Vacation to two amazing theme parks at Universal Orlando® Resort!**

Who is eligible?

All families in South Carolina! South Carolina is broken up into three regions: Upstate, Palmetto and Lowcountry and winners will be awarded for each region.

Ready to get started? It's FREE to participate, just sign up online at **FitFamilyChallengeSC.com** and start earning points. Your family will be entered into the Grand Prize drawing for every 100 points you earn (i.e. 300 points = 3 chances to win). Points are earned for attending Fit Family events and logging healthy habits and daily exercise at home.



Walk to Win!
Date: Thurs, May 29th
Time: 600 P.M.
Where: OMC Walking Trail
(Located on the front lawn of Oconee Medical Center)



To learn about the events being hosted in our area, visit:
www.oconeemed.org/services/wellness_center
and look for the *Fit Family Challenge™* tab.