



# 12 DAYS OF FITNESS

DECEMBER 3 - DECEMBER 14, 2018

## WHAT IS THE 12 DAYS OF FITNESS CHALLENGE?

This challenge focuses on adding a little bit of fitness and health to your everyday activities. During the holidays we tend to push these two things to the side, so this is a way to bring them back into focus! Let's make a commitment to feel GREAT after the holidays this year!

## WHO CAN PARTICIPATE?

Any customer that signs a "12 Days of Fitness" Waiver may participate in the challenge! Because any physical activity can present risks, The Mauldin Sports Center depends on you to use your good judgment and reasonable care for your own safety and the safety of others. You must turn in your waiver in order to receive the daily emails. Waivers can be turned into the membership service desk.

## WHERE DOES THE CHALLENGE HAPPEN?

At your home, at your gym, with your workout partner - wherever you exercise! We won't have any formal meetups for this challenge. This is something that you'll be able to do on your own and in your own space.

## HOW DOES IT WORK?

Participants will receive an email each morning with a fitness and healthy eating challenge. The fitness challenge will be cumulative (just like the Christmas song)! For example, "On the first day of fitness, we will give to you: one 10-minute walk or run. On the second day of fitness, we will give to you: two planks and one 10-minute walk or run," and so on.

We will also send you a different healthy eating challenge for each day. These challenges will encourage you to balance your meals; eat more veggies, drink more water, choose fruit instead of cookies, and more.

## READY TO SIGN UP?

To sign up or learn more about this challenge, visit the **Mauldin Sports Center** front desk or call Membership Services at **864.335.4855**.

*\*\* You must sign up and turn in a fitness waiver in order to participate and receive the daily emails. \*\**

[mauldinrecreation.com](http://mauldinrecreation.com)



MauldinSportsCenter

Mauldin Recreation  
10 City Center Drive  
Mauldin, SC 29662

