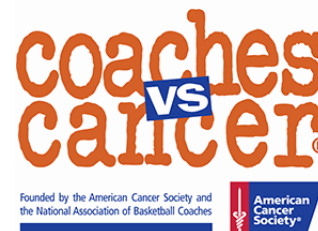


Physical Activity has been shown to reduce the risk of many types of cancer. Take a step today to reduce your risk by participating in the TRI Challenge and supporting Coaches vs. Cancer at the same time.



ST. CLAIR FITNESS CENTER TRI CHALLENGE

\$15 entry fee.... The fee goes entirely to **Coaches vs Cancer**

A St. Clair Fitness Center TRI Challenge T-shirt will be awarded upon completion of challenge.

THE CHALLENGE.....February 1st– March 31

Complete.....1200 minutes of cardiovascular fitness

10 Strength Training Sessions

10 Flexibility/ Balance Sessions

These challenge numbers fit into the recommended guidelines, for adults to achieve on a regular basis for maintaining health. See Accompanying sheet for more details on what counts for minutes and sessions. For more details call Lisa Johnson at 507-340-5125.

Registration Form.... St. Clair Fitness Center TRI Challenge

Name _____ Birth Date _____

Address _____ City _____ Zip _____

Email _____ Phone _____ T-shirt Size _____

Make Checks to Coaches vs Cancer. Drop at St. Clair School or mail to Lisa Johnson 19947 607th Ave. Eagle Lake, MN 56024

I understand that St. Clair Fitness Center, Coaches for Cancer or, St. Clair School is not responsible for any injuries which may occur during the event. I wave any claim for damages or suffering. Please consult your doctor before beginning an exercise program.