



Wellness Competition

Avon and Avon Lake Community Challenge

A wellness competition between the communities of Avon and Avon Lake

January – May | Registration and promotion

April 4 | Registration begins

May 14 – 28 | Health assessments

May 21 – August 13 | Wellness Challenge

Location:

- All tracking will be done at the Fitness Center at University Hospitals Avon Health Center unless otherwise noted.

Register:

- Participants may register in person at the front desk or by calling 440-988-6801.
- Deadline to sign up is May 28.

Participant information:

- Residents of Avon or Avon Lake, ages 15+
- \$15 per participant
- Participants will receive a wellness challenge packet, program card and T-shirt.
- Avon nonmember participants will receive complimentary access on each Wednesday during the competition, while Avon Lake nonmember participants will receive complimentary access each Thursday during the competition.
- Lost or replacement program cards will be reprinted for a \$5 charge.

Continued on back



Fitness



Benefits and incentives:

- There will be monetary awards for first (\$300), second (\$200) and third (\$100) place.
- The winning city will receive an Avon – Avon Lake Community Challenge plaque.

How to participate:

- Each participant will receive a program card that will electronically track points earned throughout the wellness competition. The point schedule is as follows:

Activity	Point Value
Initial wellness assessment (includes blood pressure, waist circumference and weight)	5
Visit Fitness Center on Avon/Avon Lake Community Day	2
Attending select health, wellness and fitness seminars	2
Post wellness assessment	7
Maintaining weight/inches criterion	3
10 Percent decrease weight/inches criterion	5
15 Percent decrease weight/inches criterion	10
Social media testimonial	3
Attending a UH Race Series run	3
Participation in the Fitness Center food drive	1



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University Hospitals
Avon Health Center

Fitness



440-988-6801 | UHhospitals.org/Fitness |  

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