



Register your Walking Team!

What: Exercise your way to health this summer by participating in the Go 100 for Health Challenge! Form a team of 2 – 25 people and be the team to travel the most miles. Anyone at any age can participate! Join us weekly for a walk around the Bemidji area and earn chances to win PRIZES!

Our community goal is to accumulate 100,000 miles in 100 days! Will you help us?

Be sure to tune into The Mix103.7 or Real Country 98.3 daily for a "Go 100 for Health Tip" of the day and information on weekly walking events.

When: The challenge will last 100 days beginning on Tuesday, July 1st, and running through Tuesday, October 7th.

Why Teams? Forming teams are a great way to motivate each other. You can participate by exercising on your own, as a group, or a mix of both. Just work together to encourage each other to reach your goals!

PRIZES PRIZES PRIZES: Prize drawings will be held throughout the challenge for both individual participants and teams. A **Grand Prize** drawing will be given away to one lucky team at the end of the challenge (team must be present to win). Prize packages will vary weekly.

How: Register your team by filling out the attached registration form and returning it to MeritCare Health & Wellness, 3604 Bemidji Ave N, Bemidji, MN 56601. You can also register at our kick-off event July 1st, or by emailing (bemidji.wellness@meritcare.com) or calling (333-5047) MeritCare Health & Wellness. (Please note: SIGN UP NOW!! All participants of the "Go 100 for Health Challenge" must register individually at www.kkbj.com.)

Kick-Off Event: You are invited to attend our kick-off event scheduled on Tuesday, July 1st at the MeritCare Main Clinic patient parking lot. Team registration will begin at 5:30 p.m. followed by the Tour of MeritCare Walk slated to begin at 6:00 p.m.

Don't wait! Register now!

Go 100 for Health Registration Form

Team Name: _____ Team Captain: _____

Team Captain Email: _____ Team Captain cell#: _____

Team Members: _____

Do you want to receive a text message reminder from KKBj of the weekly walking events? YES NO
If yes, please include each participant's cell phone number.