

Be Active ... Stay Active 2008

January 7th - March 2nd (8 weeks)

New Year - New Challenge - New You

GUIDELINES

- Registration opens December 7th
- Must be 13 years of age or older to register and participate online
- Youth under 13 years old can participate on paper
- Must live, work, or have a healthcare provider in Eau Claire County to win prizes
- Must record activity at www.energizeec.com or on the paper log provided and submit it to be eligible for prizes
- May participate as a group – recruit a team of friends, family or coworkers
- Participate and update logs for 8 weeks and meet your goal to be eligible for grand prizes

TO REGISTER & PARTICIPATE –

➤ ON-LINE

- Visit www.energizeecc.com
- Click on MOVE & WIN
- Complete registration form and submit
- An incentive will be given to you or mailed
- Update activity log weekly on line.

OR

➤ ON PAPER

- Complete registration form
- Fold and mail, or drop off at any Public Library or Senior Center in Eau Claire County
- Or call 717-6565 to register
- An incentive will be given to you or mailed
- Update paper tracking log and submit weekly.

WIN
&
MOVE
NOW

