



## Contacts

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## Who's in the MFC

Cape Canaveral \* Cocoa \*  
Cocoa Beach \* Grant Valkaria \*  
Indialantic \* Indian Harbour  
Beach \* Melbourne \* Palm Bay \*  
Rockledge \* Satellite Beach \*  
Titusville \* West Melbourne

## Ideas to Get Mobile

- Sign up for a walk with FLORIDA TODAY. Email [gethealthybrevard@gmail.com](mailto:gethealthybrevard@gmail.com)
- Challenge another city to a kickball game, plan a community dance, free yoga, mall walk, beach clean up, moon walk, line dance lessons, happy hour - corporate run/walk & smoothies in the park

# GAME PLAN

## Important Dates

**Registration: December 15, 2017 - January 15, 2018**

**Kick-Off: Saturday, February 3, 2018**

**Last Day of Challenge: April 28, 2018**

**Awards Ceremony: May 5, 2018**

## Primary Goal

To motivate and inspire your community to move and be healthier.

## Points

- Average # of minutes per municipality = weekly points
- Minutes are capped at 1,800 per person, per week
- Bonus points for registration and participation
- Plan a "Get Mobile" event for bonus points and post pictures to Facebook on Health First Mayors' Fitness Challenge page

## The Great Weight-Off

\$500 Cash prize for biggest loser male and female (percentage of weight loss)

All participants must be weighed in prior to the Challenge (or at the kick-off event) at a participating Health First facility:

1. Pro-Health & Fitness Center Marketplace at Palm Bay Shopping Center, 5270 Babcock St NE #19, Palm Bay, FL 32905 (321) 722-5943
2. Pro-Health & Fitness Center 611 E Sheridan Rd, Melbourne, FL 32901 (321) 434-7149
3. Pro-Health & Fitness Center 8705 North Wickham Road, Melbourne FL 32940 (321) 434-9149
4. Health First Pro-Health & Fitness Center across from Merritt Square Mall, 255 Borman Drive, Merritt Island, FL 32953 Phone: 321-434-5801
5. Health First Imaging Center 490 N. Washington Ave, Titusville, FL 32796 (321)-434-6100