# Get Fit NC!!!

## The North Carolina Medical Society Alliance
## 2005-2006 County Alliance Fitness Challenge

**Most Activity Miles Logged**
**October 1, 2005 – April 1, 2006**
**Trophy and $500 to Winning County Alliance**

GET FIT NC
www.ncmsalliance.org

***Take these steps to win:***

- County alliances form teams of at least 10 members. Only one team per county.
- Register your team by email to Lynn Everett at **lynneverette56@hotmail.com**
- Name your team and choose a Team Captain who will record each team member's miles monthly.
- If your team has more than 10 members, use the 10 with the highest total number of miles during the five month challenge.
- Alliance members can walk, run, bike or participate in other indoor or outdoor activities. Pedometers can be used for accuracy but are not required. Use the ***Steps to Distance Conversion Chart*** to determine the amount of miles traveled or the ***Activity Conversion Chart*** to determine the approximate "step" equivalent for other physical activities.
- Each Team Captain ***must*** report their team's total miles by April 5, 2006 to Lynn Everett
- At the end of the five month challenge, the team with the most miles logged will receive a trophy and $500 grant to be used for a health promotion project in their community
- Trophy and grant presentation on April, 28, 2006 in Winston Salem, during the NCMS Alliance Annual Meeting.
- ***Steps to Distance Conversion*** and ***Activity Conversion*** charts also available on NCMS Alliance website: www.ncmsalliance.org.

**For more information contact:**
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**252-522-7272**

**The NCMS Alliance…Celebrating 82 Years of Advocacy and Community Service**