



Shape Up for Life

Go the Distance with the Shape Up for Life Challenge: Phase III

After two successful challenges of approximately 25 teams and over 50,000 miles walked, the Shape Up for Life Challenge is back!

Phase III of the Shape Up for Life Challenge begins July 1, 2004 and ends December 31, 2004.

Each state Alliance may form as many teams as it desires. Choose a team captain who will record the miles walked by each team at the end of every month (e-mail works great). Pedometers may be used for accuracy but are not required. Miles can be walked indoors or outdoors.

At the end of the six-month challenge, the team with the most miles will represent your state in the Shape Up for Life challenge.

If you have more than 10 members but not enough for a second team, keep track of everyone's miles. Then at the end of the challenge, the 10 members who logged the most miles will represent your state as a team.

The Shape Up for Life Challenge is a simple and effective way to be more physically active and feel better.

**ACCEPT THE CHALLENGE FOR YOUR STATE TO GET MOVING
IMPROVE FITNESS AND HAVE FUN**

SIGN UP BY CONTACTING THE AMA ALLIANCE AT 312-464-4470 OR AMAA@ama-assn.org

NCMSA CONTACT SUSAN HAMMER, 919-848-4757, d.i.hammer@worldnet.att.net