

# ACIS FITNESS REWARDS PROGRAM



## GET MORE FROM YOUR WORKOUT!

### What is the ACIS Fitness Rewards Program?

The ACIS Fitness Rewards program encourages and promotes a healthy lifestyle while rewarding participants for working out. The more you workout, the more prizes you earn!

### How do I participate?

Get your Fitness Rewards Card at the CRC and every time you visit the CRC to exercise for at least 30 minutes, have a staff member initial your card in the correct date box. Limit 2 credits/week, 1 credit/day. All CRC members and students can participate.

### What constitutes as "exercise"?

Exercise can range from running, lifting, biking, swimming, wall climbing, fitness classes, intramural sports, etc.

### What are the prizes and how do I claim them?

Once you reach the benchmark listed below, claim your prize at the CRC administrative offices M-F 8:00am-5:00pm.

- 10 workouts = Water Bottle
- 20 workouts = Drawstring Backpack
- 30 workouts = T-shirt

### How do I enter the ACIS Fitness Rewards Sweepstakes?

When registering for the ACIS Fitness Rewards program, be sure to fill out an official sweepstakes form and drop it in the entry box at the CRC front desk! You could win a Schwinn bike or a trip for two to anywhere in the US!

**Keep your Rewards Card in the file box at the CRC front desk.**

*For more information email [martha.davis@unco.edu](mailto:martha.davis@unco.edu).*