



SO WHAT IS THIS CONTEST ALL ABOUT?
IT'S ALL ABOUT POINTS!

- 200 Points for 1 half hour Personal Training Session or a One on One Yoga Session
- 120 Points for ANY fitness class or Boot Camp performed by **Bell's Bodies** Trainers
- 2 Points for Every Minute You Get a **Massage Treatment** from our Certified Massage Therapist (60 minutes massage = 120 points; 90 minute massage = 180 points; 30 minutes = 60 points).
- 2 points for each minute of exercise done on your own (**minimum of 20 minutes required**)
- 25 points per day for every time you do the "Pilates Ab Series" on your own
- 100 Points for Every Pound You Lose from **WEIGH IN TO WEIGH OUT...11/28/13 to 1/1/14**
- 30 Points for Every Day that You Keep a **FOOD JOURNAL** (**it doesn't have to be perfect!**)
- 25 Points for Every Can of Food that You Bring in for our **HOLIDAY FOOD DRIVE**

BONUS POINTS

150 Bonus Points if you participate in our **"Turkey Blaster" Boot Camp on Thanksgiving Day!**
150 Bonus Points if you participate in our **Haddon Holiday 5K Heart Run on Sat., December 14th**
150 Bonus Points if you participate in the **New Year's Day Boot Camp**
100 Bonus Points for any other organized running event that is at least 5K throughout entire contest.

100 Bonus Points for any gift certificate purchased for services at \$50 or more.

100 Bonus Points for every **new client** that you refer that signs up for any package or purchases a class card.

100 Bonus Points for submitting a grocery list with healthy choices from a list available after sign up

100 Bonus Points for using anyone in our networking pool – details on our website page

50 Bonus Points for every “check in” at Bell’s Bodies on Facebook

250 Bonus Points for anyone who writes a recommendation on Facebook or Google

200 Bonus Points for sharing our constant contact emails -Don’t Keep Us A Secret!

WHAT ARE THE RULES?

- **You are responsible for getting your name on Bell’s Bodies “Step To Success” Contest board and moving yourself forward as you collect points.**
- Turn in your complete ACTIVITY log sheets weekly! We will provide you with these forms.
- Turn in your FOOD JOURNALS weekly! You may use an app to track your food intake. (We recommend the myfitnesspal app).
- **You are RESPONSIBLE FOR KEEPING TRACK OF YOUR POINTS AND HANDING THEM IN weekly!** Turning in points more than one week late will result in those **points NOT COUNTING!**
- The HONOR CODE is in effect with this contest!

Ask Chris Bell (856-287-9340) if you have any other questions...

Don’t miss this chance to STAY HEALTHY and WIN PRIZES!

*****PRIZES*****

1st Place:

\$150 to be used towards PERSONAL TRAINING, GROUP CLASSES, SMALL GROUP TRAINING, OR MASSAGE THERAPY SERVICES

2nd Place:

\$100 to be used towards PERSONAL TRAINING, GROUP CLASSES, SMALL GROUP TRAINING, OR MASSAGE THERAPY SERVICES

3rd Place:

Free One Hour Massage from our Licensed Massage Therapist

4th Place:

Free Functional Movement Screening

***Random Prizes Will be Awarded Weekly Just for Participating!**