



Wellness Competition

Avon vs. Avon Lake Community Challenge

A wellness competition between the communities of Avon and Avon Lake

April – August | Registration and Challenge

April 16 – May 24 | Registration

April 13 – May 24 | Health Assessments

May 23 – August 9 | Wellness Challenge

Location:

- All tracking will be done at the Fitness Center at University Hospitals Avon Health Center unless otherwise noted.

Register:

- Participants may register in person at the front desk or by calling 440-988-6801.

Participant information:

- Residents of Avon or Avon Lake, ages 15+
- \$15 per participant
- Participants will receive a program card and community challenge T-shirt.
- Avon nonmember participants will receive complimentary access on each Wednesday during the competition, while Avon Lake nonmember participants will receive complimentary access each Thursday during the competition.
- Program updates sent via email and social media.
- Lost or replacement program cards will be reprinted for a \$5 charge.

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Fitness



Benefits and incentives:

- There will be monetary awards for first (\$300), second (\$200) and third (\$100) place.
- The winning city will receive an Avon – Avon Lake Community Challenge plaque.

How to participate:

- Each participant will receive a program card that will electronically track points earned throughout the wellness competition. The point schedule is as follows:

Activity	Point Value
Initial wellness assessment (includes blood pressure, waist circumference and weight)	5
Visit Fitness Center on Avon/Avon Lake Community Day	2
Attending select health, wellness and fitness seminars	2
Post wellness assessment	7
Maintaining weight/inches criterion (whichever is better)	3
10 Percent decrease weight/inches criterion (whichever is better)	5
15 Percent decrease weight/inches criterion (whichever is better)	10
Social media testimonial	3
Attending one or more of the following races/walks: Eagle Run – May 26 Smiles for Sophie – July 4 Kerstetter 5K – July 14	3
Participation in the Fitness Center food drive	1



Registration Opens on April 16

Participants may register in person at the front desk or by calling **440-988-6801**.



University Hospitals
Avon Health Center

Fitness



440-988-6801 | UHhospitals.org/Fitness |

1997 Healthway Drive, Avon, Ohio 44011