



## Wellness Competition

### Avon vs. Avon Lake Community Challenge 2021

A wellness competition between the communities of Avon and Avon Lake

**Now – June 6** | Registration

**June 5-19** | Health Assessments

**Tuesday, June 8 – Thursday, August 12** | 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+ or those employed there
- \$15 per participant
- Participants will receive a program card and community challenge T-shirt.
- Avon Lake nonmember participants will receive complimentary access on each Tuesday during the competition, while Avon 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.
- InBody Bioimpedance is used for Body Composition

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#### Fitness



**Benefits and incentives:**

- Monetary awards for first (\$100), second (\$75) and third (\$50) 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, inbody body composition assessment, waist circumference and weight)	5
Visit Fitness Center on Avon/Avon Lake Community Day	2
Attend select special event	2
Post wellness assessment	7
Maintaining body composition/waist circumference	3
5 Percent decrease body composition/waist circumference	5
10 Percent decrease body composition/waist circumference	10
Social media testimonial	3
Participation in the Fitness Center food drive	1



**Registration Open Now**

Call **440-988-6801** or email [Renee.Barrett@UHhospitals.org](mailto:Renee.Barrett@UHhospitals.org)



**University Hospitals**  
Avon Health Center

**Fitness**



**440-988-6801 | [UHhospitals.org/Fitness](http://UHhospitals.org/Fitness) |**

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