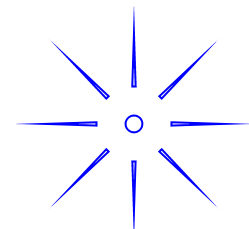


Let's be healthy together!



Get Fit Nevada 2011

Program Dates: January 20 - April 29

For more information
please contact:

*Sara Clausen
Nevada Chamber of Commerce
515/382.6538
chamber@midiaowa.net

*Jason Grimm
Nevada Family Chiropractic
515.382.3255
chirojg99@yahoo.com

*Rhonda Maier
Nevada Parks and Recreation
515.382.4352
rhmaier.parks.rec@midiaowa.net

*Laura Kiesling
Anytime Fitness
515.382.2424
personalfitness@mchsi.com

*Brooke Knop
Rolling Green Village
515.382.6556
rgvnevada_ga@iowatelecom.net

*Kim Houston
Burke Corporation
515.382.8423
kim.houston@burkecorp.com

*Steve VanDam
Story County Medical Center
515.382.7116
svandam@storymedical.org

*Get Fit Nevada is a community initiative coordinated by Nevada Parks and Recreation. The program will offer activities and incentives for all teams of 2-10 people that use the code **LHINEVADA** to register for the LHI program. Individuals may also use the paper registration; however, team registration with the code is highly encouraged.*

Discount coupons are available from Hy-Vee. Coupons will not be accepted if turning in a paper registration.

What my registration includes:

- * **LHI T-shirt**
- * **Magazine subscription**
- * **Over \$1500 worth of cash and incentive prizes**
- * **Group workouts**
- * **Chew and Chat sessions**
- * **Meal Plans and Meal Planning**
- * **Guest Speakers**
- * **Cookbook**
- * **Access to the Live Healthy Iowa website**
- * **Live Healthy America Health & Wellness Book**
- * **Option to compete in Get Fit Nevada's Biggest Loser, Biggest Loser Duo, and Inches Gone.**
- * **For more information go to www.livehealthyiowa.org**

TEAM CAPTAINS

YOU MUST REGISTER YOUR TEAM PRIOR TO JANUARY 14 TO RECEIVE A GFN LONG SLEEVE T-SHIRT!

**To register your team online go to
www.livehealthyiowa.org
Please be sure to use code**

LHINEVADA

Get Fit Nevada is funded by the City of Nevada and a grant from Live Healthy Iowa



LIVE HEALTHY IOWA TEAM ROSTER - PLEASE LIST CAPTAIN INFORMATION ON THE FIRST LINE

First/Last Name	Email PRINT CLEARLY!!!!	Biggest Loser	Biggest Loser Duo	Inches Gone	T-Shirt Size	Entry Fee	Total Entry Fee
Captain-						\$ 20.00	
2						\$ 20.00	
3						\$ 20.00	
4						\$ 20.00	
5						\$ 20.00	
6						\$ 20.00	
7						\$ 20.00	
8						\$ 20.00	
9						\$ 20.00	
10						\$ 20.00	

Select One Only!

Total Amount Due

What's Included with my Get Fit Nevada Registration?

- *LHI T-shirt Magazine subscription
- *Over \$1500 worth of cash and incentive prizes
- *Group workouts
- *Chew and Chat sessions
- *Meal Plans and Meal Planning
- *Guest Speakers
- *Cookbook
- *Access to the Live Healthy Iowa website
- *Live Healthy America Health & Wellness Book
- *Much more...

**TEAM CAPTAINS
YOU MUST REGISTER YOUR TEAM PRIOR TO JANUARY 14 - TO RECEIVE A GFN LONG**

Please mail team entry form and fee to: Nevada Parks and Recreation (Make Checks Payable to: Nevada Parks and Recreation)

If team member(s) check Duo, list partner(s) here _____

Filling out this form will register your team for LIVE HEALTHY IOWA!
 Don't miss out on a great opportunity to be a part of this program and win some great prizes with GET FIT NEVADA!
 Registration Deadline is Friday, January 14

