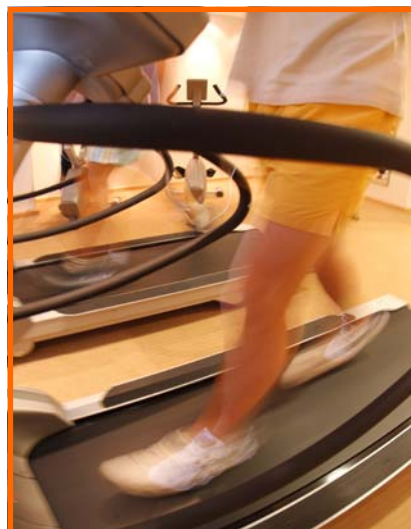


Groveport Parks & Recreation Department

500/1,000 MILE CLUB



WHAT: The 500/1,000 Mile Club is a club designed for one single purpose — TO MOTIVATE YOU! Adhering to your fitness routine can be the toughest aspect of a healthy lifestyle. The 500/1,000 Mile Club is very simple and designed to help you maintain that healthy lifestyle.

GET FIT! STAY FIT!

HOW IT WORKS

- Register at the fitness desk for free
- Keep track of the miles you have accumulated working out in our fitness center, whether that be on a piece of cardio equipment, or by just walking/running/jogging
- Accumulate 500 miles and get:
 - Free 500 Mile Club T-shirt
 - Personalized 500 Mile Club Shoe displayed in the Fitness Area
 - Your name added to the 500 Mile Club List
- The last step is to wear your 500 Mile Club T-shirt with Pride
- Once you pass the 500 mile mark it is time to go for 1,000 miles.
- You reach 1,000 miles the same way that you made it to 500 miles.
- Once you reach 1,000 miles you will receive a sticker on your shoe denoting that you have reached 1,000 miles.
- There is no end to the distance that you can achieve! For every 1,000 miles that you travel you will receive another sticker showing your newest 1,000 mile achievement!



**PARKS & RECREATION...
THE BENEFITS ARE ENDLESS!**

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