



## Lincoln YMCA Goal: 15,000,000 Steps and 100 Participants!

### How to join the AOM Lincoln YMCA Challenge:

- Participate with your family or as an individual!
- Use the Quick Start Guide (available at your YMCA Service Center) to log your steps or activity for the week of September 20-27, 2008.
- Take and record a minimum of 14,000 steps for the week and return to any Lincoln YMCA by Monday, Sept. 29 at noon to be eligible for prizes.
- Prizes:
  - All eligible participants will receive a trial one week pass to the YMCA (transferable if you are currently a member). Youth will receive a reward upon completion.
  - Family with the most average steps will receive a one month family membership to the Lincoln YMCA.
  - Individual with the most steps will receive a one month individual membership to the Lincoln YMCA.
  - Each eligible family will be entered into a drawing for a three month family membership to the Lincoln YMCA.
  - Each eligible individual will be entered into a drawing for a three month individual membership to the Lincoln YMCA.

Cooper YMCA, 6767 South 14<sup>th</sup> St ♦ Downtown YMCA, 1039 P St ♦ Northeast YMCA, 2601 N. 70<sup>th</sup> St  
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