

**It's Time to...  
CHOOSE TO GET FIT!  
January 7-March 24, 2012**

Registration Now Open

**Choose to Lose**

Weight Loss Competition (Limited to 150)

**Choose to Move**

Active Lifestyle Program (Limited to 150)

**Choose to Train**

Fitness Competition (Limited to 50)

**All Offer...**

- Membership to City Recreation Center During Program
- Fitness Classes During Program
- Encouragement and Accountability
- Camaraderie & Fun
- Great Prizes & Awards
- Results Leading to a Healthier You

**Fees:**

**\$125 Non-City Resident  
(Additional Family Member \$35)**

**\$75 City Resident  
(Additional Family Member \$25)**

**\$40 Member Rate**

**Get Paid to Play!**

Wow! I can get paid to exercise? Yes, you can! Each weight loss point, rec point, or fitness point you earn will qualify you for a chance to win "Rec Bucks" good for any program here at Pepper Geddings. Save up your earnings to purchase your favorite classes or a membership.

**More Prizes . . .**

Individual Winners, Male & Female, from each of the 3 Programs will receive a free annual membership to Pepper Geddings Recreation Center. Great prizes for team winners as well.



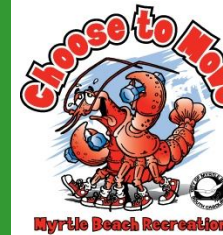
**City of Myrtle Beach  
Recreation Division**

**Pepper Geddings Recreation Center**  
Weight & Cardio Rooms ↔ Swimming Pool  
Indoor Walking Track

**Crabtree Memorial Gymnasium**  
Weight & Cardio Rooms  
Racquetball ↔ Outdoor Trail

**Canal Street Recreation Center**  
Weight/Cardio Room ↔ Swimming Pool

**It's Time to Choose...**



**7th Annual  
Choose  
Health & Fitness  
Competition  
Jan 7 - Mar 24, 2012**

**Begins @ Health Fair  
January 7, 2012  
10 am - 2 pm**

**Pepper Geddings  
Recreation Center**

**3205 Oak Street / Myrtle Beach, SC  
843-918-2280  
cityofmyrtlebeach.com/choose.html**

## Choose to Lose

This 7th annual Weight Loss Competition is purely designed for people who want to lose weight. Weight loss percentage determine individual and team winners. Over 10,000 pounds have been lost by program participants since its inception in 2006 with an average personal weight loss of 10 pounds over 11 weeks. Many participants develop new habits that lead to continued success all year long.



Weekly team meetings include weigh-ins, newsletters packed with nutrition and exercise tips, as well as encouragement and accountability by a team coach committed to your success. These small group meetings will be just what you need to keep you motivated towards making progress in your pursuit of a healthy lifestyle. These 30 minute team meetings with your coach will guide you into appropriate fitness classes, exercise routines, and nutritional plans that are implemented for your success throughout the program. The added element of all of the teams competing for great prizes will no doubt be an extra incentive not to mention lots of fun. Participants in the program will also enjoy the option to exercise on their own using all of the amenities of the City Recreation Center as well as attend group fitness classes.



## Choose to Move

Myrtle Beach Recreation is proud to offer Choose to Move specifically designed for people wanting to enjoy an active lifestyle. Choose to Move is based on rec points rather than weight loss points. Participants will enjoy a variety of fitness classes and recreational opportunities designed exclusively for them. Activity in this program is a great way to keep moving, make friends, and enjoy all the Choose program has to offer.



Participants will compete for individual and team prizes, but most of all have a lot of fun exercising together. Team challenges, health seminars, an online communication site and much more await you in this new program. Choose to Move participants will meet every 3 weeks for a time of motivation, instruction, accountability, progress updates, and friendly competition as each of the 4 teams that comprise the program have a little bit of rivalry and fun. Looking for a place to experience a little bit of community and stay active then this is the place for you.

## Choose to Train

Choose to Train fitness competition incorporates the challenges of a boot-camp style group exercise regimen. Designed for the advancing athlete, Choose to Train is built on 3-5 weekly training sessions together with your team to create maximum motivation and accountability. Participants may also enjoy the many benefits of the Choose program which include, but not limited to, participation in all of the other fitness classes, seminars, Recreation Center amenities, and Team Challenges. Suggested ability prior to program start: run 1 mile, perform 10 sit-ups, perform 10 pushups (strongly recommended).

Participants are challenged to push their limits to reach higher fitness levels through a variety of outdoor group exercises. Participants will compete individually based on fitness testing and as teams through fitness competitions and challenges. Workouts include running, pushups, crunches, as well as the use of equipment such as medicine balls, resistance bands, and kettlebells. Boredom will not be a factor in this unique experience that will utilize 50 to 100 different exercises throughout the program. Three times during the course, a fitness test will be administered consisting of a 2 Mile Run, 2 Minutes of Sit-ups, and 2 Minutes of Pushups. Participants will receive a score based on gender and age. If you like a challenge then join Choose to Train!

