



Join the CUMC “GET FIT” Program

Program Begins April 1, 2023 thru June 30, 2023

What is the CUMC “Get Fit” program?

A “Do it Yourself” health program that lets you engage in the fitness activity of your choice. You track the minutes you are engaged daily and report the weekly totals on Monday.

What activities can I engage in? Walking (Count minutes and number of steps)

Jogging	Riding bicycle	Skating	Pickleball	Yoga
Swimming	Exercising	Pilates	Spinning	Golf
Tennis	Basketball	Weight training		

What do I report?

Record the number of minutes you participate in any activity daily. Calculate the total number of minutes for the week and email to Covidinfo@cumc.org on Mondays between 1 and 2 pm. Walker should submit the total number of minutes walked and the number of steps taken.

Prizes for Participants

Walkers – Prizes based on number of steps made.

First place	\$100.00
Second place	\$50.00
Third place	\$25.00

Prizes for all other activities are recorded and reported according to the minutes. Golfers get 120 minutes for 18 holes and 60 minutes for 9 holes.

First place	\$100.00
Second place	\$50.00
Third place	\$25.00

How do I register?

To register email your name and interest to Langston Smith at ldsrdoc@verizon.net with copy to Bernice Abner at Covidinfo@cumc.org.
If you have any questions please contact 301-384-1941.

LET'S GET FIT COLESVILLE