



Fall into Fitness: Challenge Yourself! Register online by October 2.

You must improve in at least **two** of the following five fitness tests by the end of the challenge to win a prize:

1. Body fat percentage
2. Curl-up test (core)
3. Sit and reach test (flexibility)
4. Bench press or push up test (upper body strength/endurance)
5. Squat test (lower body strength/endurance)

Visit either gym location (Seaton or Alumni Gym) during regular business hours for your initial assessment by Oct. 2. Your final assessment must be performed the week of Nov. 9-13. No appointment necessary!

**Register online by October 2 at
www.uky.edu/HR/wellness/bodyshop.html**

Important Dates

- Registration closes Oct. 2. No late registrants!
- Challenge begins Oct. 5.
- Challenge ends Nov. 13.
- Prize pickup the week of Nov. 16. Location TBA.