

# **RAAD NY FOILLAN RULES:**

- 1) HAVE FUN! – USE THE CHALLENGE AS A POSITIVE NUDGE TO HELP REACH YOUR FITNESS GOALS!**
- 2) PLEASE ENTER BY EMAILING [NSC@GOV.IM](mailto:NSC@GOV.IM) OR ADD YOUR NAME TO AN EVENT REGISTER FORM LOCATED ON THE GYM RECEPTION DESK AND A CHALLENGE LOG CARD WILL BE CREATED FOR YOU**
- 3) ONLY DISTANCES COVERED ON NSC FITNESS ZONE CV MACHINES CAN BE RECORDED**
- 4) RECORD YOUR DISTANCE ON YOUR CHALLENGE LOG CARD AFTER EACH GYM VISIT (THESE ARE SITUATED ON THE GYM RECEPTION DESK)**
- 5) PLEASE TRY AND REGISTER BEFORE THE 31ST MARCH.**
- 6) TICK YOUR TARGET DISTANCE ON YOUR CHALLENGE LOG CARD. WHEN YOU HAVE REACHED IT KEEP GOING! YOU WILL BE ENTERED INTO THE PRIZE DRAW!**
- 7) DON'T EXERCISE IF YOU ARE FEELING ILL.**
- 8) WARM UP BEFORE EACH SESSION AND STAY HYDRATED.**
- 9) IF YOU COMPLETE ONE FULL LAP (95MILES) WELL DONE, BUT KEEP GOING!**
- 10) ON THE 4TH MAY EVERYONE WHO HAS REACHED THEIR TARGET WILL BE INCLUDED IN THE PRIZE DRAW!**

**FOR FURTHER INFO PLEASE EMAIL [NSC@GOV.IM](mailto:NSC@GOV.IM)**