



# FITNESS BUDDY

**At the Nimkee Fitness Center • March 10 - April 11**

At Nimkee Fitness we know how valuable it is to stay encouraged when trying to attain your fitness goals. We also know if you had a friend that would keep you accountable it would help you to stay on track. That is why we created an incentive program that would assist in establishing an avenue to success for you and a friend.

This program is developed from a concept called the “buddy system”, a concept that we hope will bring greater success for people when trying to stick with exercising. So during this month, take this opportunity to find a “fitness buddy” and keep encouraged through this great incentive program!

There are two minimal requirements that you will have to do with your buddy each week, along with one other activity that you get to choose from a list. See below...

## **Minimal requirements each week:**

- Write a goal down each week and share it with your buddy
- Exercising a minimal of three days per week

## **Examples of activities**

**you can do with your “fitness buddy”:**

Attend a fitness support group together, share a one day food log, get a personal trainer together, exercise one times this week together, send a message to your fitness buddy, share a healthy recipe with your fitness buddy and many more!

**Stop into the Nimkee Fitness Center to sign-up with your buddy today!**

Call Jaden at 775-4694 if you have further questions.