

Fitness Motivators .com

If you are interested in fitness walking, exercising outdoors, achieving and maintaining a healthy weight, and would like the extra support in a group setting led by Donna, this program is for you. All skill levels welcome. Walking in a group infuses a social element to fitness, encourages accountability, and creates a level of safety.

Get Fit. Lose Fat. Decrease Risk for Cancer, Heart Disease, Diabetes, Stroke. Live Longer & With More Vitality.

What to Expect

Each meet-up before the walk, the group will discuss fitness topics, any struggles, motivation, etc. This will be the support phase of the program. Various locations to be determine (Farmington, Farmington Hills and Livonia).

The group will always start with a five-minute, slower paced walk to warm up and end with a five-minute, slower paced walk to cool down. Participants will start at a pace that is comfortable. Then gradually pick up speed until walking briskly — the equivalent of 3.5 miles an hour. Eventually, participants should be breathing hard, but still able to carry on a conversation. In addition to walking, the group may do toning exercises and standing Z.E.N. poses.

It is the responsibility of each participant to make sure they are medically capable of participating in this program, and that they do not have a medical condition which would put them at harm or risk while participating. Therefore, it is recommended that each participant seek the advice and receive an evaluation from their medical doctor prior to the start of this program.

\$26.00 (8) Meet-Ups May 28-June 20 Wednesday & Friday Mornings 8:30-9:30AM	\$13.00 (4) Meet-Ups May 30-June 20 Friday Afternoons 5:00-6:00PM	\$13.00 (4) Meet-Ups May 31-June 21 Saturday Mornings 9:00-10:00AM
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Rain days will be made-up at the end of the session. A minimum of 10 participants needed for each session.

REGISTRATION FORM – **PLEASE PRINT**

Last Name	First Name
Home Phone	Email Address
Address	City, Zip

Participant's Last Name	Participant's First Name	Session Days/Dates	Fee
		Wed & Fri, 8:30am, May 28-June 20	\$26.00
		Friday, 5:00pm, May 30-June 20	\$13.00
		Saturday, 9:00am, May 31-June 21	\$13.00

By accepting my registration in the above program, I hereby understand that I release my rights or claims for damages that I may have against the Instructors, Fitness Motivators, or any one of their staff/Instructors conducting walking program/classes. I also understand that there will be no refund for this session. For more information, call 248.909.5253.

Date: _____ Participants Signature: _____

Make Check Payable To: Fitness Motivators | CHECK OR MONEY ORDER MUST EQUAL EXACT AMOUNT OF THIS REGISTRATION

For more information, go to: <http://www.fitnessmotivators.com/Walking.html>

PLEASE REGISTER EARLY. NO REFUND (Unless Class is Cancelled)