



Get Ready...
Get Set...



The City of Weston has proudly joined in partnership with the Rotary Club of Weston, the Cleveland Clinic, Billy Beck III Personal Performance & Training Center, the YMCA of Broward County and the Midtown Athletic Club, to help make Weston the Fittest City in Florida.

Sixty days. That's all it takes.

In just two months, regardless of your current physical condition, you can be in good enough shape to participate in a 5K race! Think it's impossible? Well think again, because your plan for success is right here!

Beginning October 11, 2010, everyone living or working in Weston will be able to access training programs, classes, health evaluations, screenings, testing and online education that will help you to adopt healthier lifestyles and become more physically fit.

**In just 60 days you'll look better and feel better.
There are special training programs for people of all ages
and skill levels--from novice to expert, kids to seniors--and
everyone in-between.**

Goals:

- Stimulate awareness and participation by children, adults and businesses in events and activities to adopt healthier lifestyles and become more physically fit.
- To get every participant prepared to run or walk in the 13th Billy Beck III Run for Tomorrow on Sunday, December 12, 2010, AND become the Fittest City in Florida.
- Most importantly, funding through the registration fee, will benefit physical education programs at four Weston elementary schools which are being cut because of budget deficits and it will also support local and international charities that help children and families.



What you get with GetFIT:

- Unlimited Get Fit training classes (at any of the three athletic clubs)
- 10 free one-day passes to Midtown Athletic Club
- 3 free personal training sessions from Billy Beck III
- Free Cleveland Clinic educational seminars
- Access to free or reduced cost health screenings and test
- Healthy dining discounts
- A Get Fit T-Shirt
- Contests and promotions
- Free access to online fitness and wellness tips, videos and other materials to help make healthy lifestyle choices
- FREE entry into the 13th Annual Run for Tomorrow 5K or Half-Marathon (*your choice*) on December 12, 2010

***\$20 Never Got You So Much!
27 Workout Programs! 3 Great Fitness Centers!***

Weston organizations have banded together to help achieve a major community goal: **to GetFit**-- all of us, no matter our age or the shape we're in. In just 60 days we'll help you lose weight, eat healthier and become more physically fit. We're making fitness easy and fun for the whole family.

Your registration fee goes towards funding to restore physical education in elementary schools in Weston.

From Aerobics to Zumba, there is a training program for everyone, and every, body.

**Sign Up!
Join In!
GetFit!**

To Register, go to:

www.getfitweson.com

www.getfitweston.com