



# TEAM WELLNESS PROGRAM

FEBRUARY 1 - MAY 1, 2015

## GREAT PRIZES

FIRST 500 TEAM CAPTAINS  
RECEIVE A SCHEELS GIFT CARD &  
KOA KARD REWARDS MEMBERSHIP

## TEAM CATEGORIES

FRESH START - TOTAL FIT - FAMILY  
HEALTHY WEIGHT (FREE ADD-ON CATEGORY)



visit [shapeupmontana.org](http://shapeupmontana.org) for more information

Since 2003, over **55,000 Montanans** have  
logged more than **11 million activity miles!**

registration opens December

Program of:



Presenting Sponsor:

