



## **Are You Struggling to Meet Your Health and Fitness Goals? Is It Hurting Your Performance at Work?**

Did you know that there's a direct correlation between being healthy and fit and being able to handle whatever your job throws your way? Research shows that exercise boosts neurogenesis, which essentially keeps the mind sharp - and boosts productivity. Even better, it:

- Increases energy by improving muscle strength, boosting endurance, and helping your body to produce more energy on a cellular level.
- Releases endorphins. Endorphins boost your mood and make you happy.
- Increases your focus - endorphins also help you block out distractions and get your work done.
- Improves your memory.

### ***Now what if you could get closer to your goals while helping others?***

That's why we're participating in the Conca Sport and Fitness St. Jude Office Hero Challenge. As a team of three, you and your co-workers will compete with teams from other offices to see who can lose the most pounds and inches combined. You'll be provided with initial assessments, fitness training 2-6 days per week, weekly check-ins, and where you stand in the competition. And because we're participating, the proceeds from this challenge will go to the Massachusetts State Chapter of the St. Jude's Children's Research Hospital.

Not only will you get closer to your own fitness goals, but you'll also get nutrition information and get to work with a motivational coach who is dedicated to your success. You'll be helping St. Jude's with its research to cure childhood cancer. *And*, if your team wins, you'll be treated to a catered lunch from Partner's Restaurant and some awesome surprises.

### ***The challenge starts September 22 and lasts 12 weeks. During that time, you'll receive:***

- A complete initial assessment (functional movement assessment and body measurements)
- Weekly accountability for all workouts and nutrition check-ins
- Monthly progress reports and team rankings to see where your competition stands
- A motivational coach dedicated to your success
- Innovative programming that has proven results
- The chance to be a St. Jude's Office Hero!

It's a win-win scenario. Just for participating, you'll get a goodie bag sponsored by St. Jude's. You'll be doing something for yourself, maybe something that you've been putting off. You'll be building healthy habits that will improve your work, the quality of your life, and your overall health and wellness.

***Ready to get healthy, win prizes, and help St. Jude's while having a ton of fun?***

## **Below Are The Instructions for Registering Online for the St. Jude Office Hero Challenge - Registration Must Be Completed By 9/15!**

### **Creating an account:**

1. Go to the CSF MindBody website by clicking on the following link (if the link doesn't work, you can copy and paste it into your browser address bar):  
<http://clients.mindbodyonline.com/ws.asp?studioid=28023&styp=---2>
2. Insert your first and last name under "New to Our Site?" and click the "Next" button and follow the instructions.

### **Become a Participant:**

Once your account is set up, you'll need to register for the program.

1. Click on "Online Store," and then click on "Services."
2. Click on the pull down menu and select "Adult Fitness Classes."
3. Click on "St. Jude Office Hero Challenge." Under "Quantity," enter "1."
4. On the next screen, verify the program selected is correct and choose the start date 9/22/14. You must place a check mark next to "I agree to the above terms" and click the "Make Purchase" button before continuing on to the payment. Follow the screen instructions accordingly to complete the payment process.
5. Each *team* will pay as individuals and the teams will be tracked by the CSF coaches.
6. Members from different offices can make up a team of 3 if there are not 3 participants coming from one office.

**A Few Additional Questions:**

You're almost done! Please take a few minutes to fill out these on-line questionnaires:

**[Adult Fitness Questionnaire](#)** - Please make sure you reference **St. Jude Office Hero Challenge**

**[Health History Questionnaire](#)**

Once these forms are submitted we will contact you and your team to schedule your initial assessment and discuss the training options for the Hero Challenge.

If you encounter any problems during the registration, ordering, or purchasing process, please contact us at [info@concasportandfitness.com](mailto:info@concasportandfitness.com).