

# The **Holiday** Huff and Puff



The holiday season is to be enjoyed! Just make sure you fully enjoy the season by also hitting your MEPs goal, and make that beer, that second helping, and that cake 100% guilt free. Guilt free holidays, it doesn't get better than that! Enjoy!



## HOW TO GET INVOLVED

Buy a Myzone physical activity belt at the front desk, and receive free entry to the challenge. Then, just start exercising and you will earn your MEPs.



## BONUS PRIZES

If you earn 2500 MEPs entry into the prize drawing. For every 150 MEPs over 2500 MEPs you earn an additional entry.



## THE CHALLENGE

Earn 2500 MEPs and be entered to win Total Body Transformation registration valued at \$165 or 3pt session valued at \$155.



## EXISTING MYZONE USERS

Existing users \$10



## WHO SHOULD PARTICIPATE

Those who want to have it all this festive season!  
Those wanting to maintain their results.  
Members who need to make exercise a game.



## DATES

**STARTS:** November 22  
**FINISHES:** December 31

**Get your belt. Earn the points. Meet the challenge. Huff and Puff the Guilt Away. [See front desk for details.](#)**

Are you up for the challenge?

Learn more at [myzone.org](https://myzone.org)

