



Enter the...

## **2010 National Women's Health & Fitness Day<sup>SM</sup> Theme Contest... \$250 Cash Prize!**

On Wednesday, September 29, 2010, thousands of women across America will participate in the **9th annual National Women's Health & Fitness Day**. If you are a woman, age 18 or older, you are eligible to enter our theme contest and you could win a **cash prize of \$250**. Here are the details:

### **What is National Women's Health & Fitness Day?**

It's a one day health and fitness celebration for America's women. National Women's Health & Fitness Day is always celebrated on the last Wednesday in September, as part of a National Women's Health & Fitness Week. **September 29, 2010** is the date to mark on your calendar!

### **Here's what we're looking for:**

We need a slogan to help focus attention on the importance of regular physical activity for women of all ages. It should be a **short phrase** or **sentence**, upbeat and positive. Recent winning entries include *"Fitness...A Key to Healthy Living!"*, *"Make Fitness a Healthy Habit!"*, *"Fitness... Choose it for Life!"*

There will be a **\$250 GRAND PRIZE** awarded to the winner, and the slogan will appear on selected Women's Health & Fitness Day promotional materials.

### **Here are the contest rules:**

- You must be a woman at least **18 years or older** to enter.
- Your theme must be **no longer than two lines** and must be your own **original work**.
- Your entry must be mailed to us along with your name, address and daytime phone number and must be sent or **postmarked by June 25, 2010**.
- You may enter as often as you wish.

### **Mail your entry to:**

National Women's Health & Fitness Day  
2009 Theme Contest  
P.O. Box 883  
Libertyville, IL 60048-0883

### **Or e-mail your entry to:**

info@fitnessday.com