

# Commit 2B Fit!

## It Starts in Parks.

### Beginning September 2006

**Challenge:** Visit any of the 16 regional parks or six neighborhood parks operated by Broward County Parks and Recreation Division and participate in a half-hour fitness activity at least six times a month. To join the challenge, stop by any park office and pick up your Commit 2B Fit Rewards Card. When you complete your 30-minute fitness activity, get your Rewards Card stamped at the park office to be eligible for a free necklace and engraved charms (declaration discs). Each month a new charm will be offered with a different health/wellness message.

### The Rules:

1. All Broward County residents are eligible to enter the **Commit 2B Fit** program.
2. On Saturday, September 9, 2006, from 9 to 11 a.m., **Family Fitness Fun Day** kicks off the start of the program. This special event takes place at these parks: **Delevoe, Markham, Plantation Heritage, Tradewinds, and T.Y.**
3. Enter the program by obtaining a **Commit 2B Fit Rewards Card** at the event or at any one of our park offices.
4. Participate in at least 30 minutes of physical activity any day of the week. Some examples include: walking, jogging, ball playing, aerobics, yoga, swimming, biking, or any other exercise.
5. At the end of your workout, stop by the park office and get your card stamped by a staff member. You are on the honor system and can only get one stamp per visit.
6. Your Rewards Card is good for one month and can be stamped six times. When the card is filled, you may redeem your charm at the end of each month.
7. The first month you will receive a necklace and charm, signifying your commitment to wellness.
8. You can earn additional charms each month and add them to your necklace. Remember, you have to visit a park at least six times each month, completing 30 minutes of activities each time.
9. Participants will be eligible to win quarterly prizes.

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For a complete list of participating parks,  
visit Broward County Parks and Recreation Division  
at [www.broward.org/parks](http://www.broward.org/parks).



The parks' regular weekend and holiday gate entrance fee of \$1/person (children 5 and under free) will be in effect.

