

# TEAM LIFE

*Together Evaluating Assessing Managing Life Improvements For Employees*



Go to  
[www.dailymile.com](http://www.dailymile.com)

Sign up for a **FREE**  
account

Find me on the site!  
Coach Kelly Falcone  
[kfalcone@palomar.edu](mailto:kfalcone@palomar.edu)

Then start entering  
your workouts!

Each week we will send  
a prize to the chosen  
weekly winner.

Please visit our TEAM  
LIFE Blog for weekly  
winners, helpful health and  
wellness information, and  
for updates on future  
employee fitness classes  
offered by TEAM LIFE:

[www2.palomar.edu/  
pages/teamlife](http://www2.palomar.edu/pages/teamlife)

TEAM LIFE is your employee wellness committee; we are dedicated to providing fun and motivating healthy activities for our employees.

Please join us this semester for our FALL  
FITNESS FANATIC challenge.

## **What is the Fall Fitness Fanatic competition?**

This is a weekly fitness challenge! There will be a prize awarded each week! This is an opportunity for all of us to encourage and motivate each other to increase fitness!

## **When does it start?**

We will start our weekly competition on Monday October 10th. You can start any time after the 10th.

## **What will you be doing?**

You just need to join [www.dailymile.com](http://www.dailymile.com)! On this website you will record your fitness routine daily and you will receive a weekly summary of your results. This website will also show a leaderboard between you and all of your friends. We will use the cumulative information of each friend to decide on a weekly fitness winner.

## **What is the reward?**

Every week TEAM LIFE will send out a prize to the weekly winner! Winners will be chosen by the most time, the most miles, or maybe the biggest increase!

## **Why do this?**

Join this challenge to be motivated and encouraged to get out there and move more! This will be fun!