

★ The following community events will take place during the Get Fit Sikeston Competition and are considered **“GET FIT friendly” point opportunities!** Just think...you can support the community and rack up points at the same time!

****Such events include but are NOT limited to the following:**



9/11/2010

Kickoff Health Screening

8am-2pm Missouri Delta Medical Center Classroom (located downstairs)

The free screening will include a blood pressure, weight, and BMI check. In addition, participants &/or employers may pay \$20/individual to receive a lipid panel and glucose check. There will be other informational resources and educational items available at this time.

Get Fit Points: 10 pts



9/13/2010

Kickoff Health Screening

6am-6pm @ Missouri Delta Medical Center Classroom (located downstairs)

The free screening will include a blood pressure, weight, and BMI check. In addition, participants &/or employers may pay \$20/individual to receive a lipid panel and glucose check. There will be other informational resources and educational items available at this time.

Get Fit Points: 10 pts.



9/18/2010 Hands Across Sikeston Unity Walk 2:30 p.m. Sikeston Recreational Complex

In Support of our Veterans! Line-up begins at the American Flag, Sikeston Recreational Complex, Campanella at Ingram. Ends at Veteran's Memorial Park, Linn at Campanella For information contact Tammy Barborek 573-475-9804 or Sue Rogers 573-472-0012.

Contact Tammy Barborek 573-475-9804 ***Get Fit Points: Physical Activity- 5 pts.**



9/25/2010

KRCC Charity Walk

10:30 am, First Assembly of God Recreational Complex

Walk Registration begins at 9:30 AM. Start and finish will be at the First Assembly of God Recreational Complex on N. Ingram (across from Bootheel Golf Course). Walk distance is 1.6 miles. Lunch will be provided! Use your fundraising skills and win a Flip HD camera, cash, and other door prizes!

Contact-KRCC 573-472-0397 x 212

***Get Fit Points: Physical Activity - 5 pts**



10/5/2010

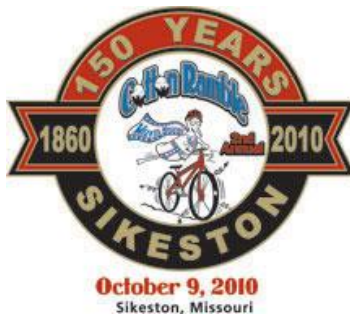
American Cancer Society Breast Cancer Awareness Lunch

12:00 Noon-First Baptist Church, Sikeston

The American Cancer Society continues to bring awareness of breast health to women in Sikeston while raising money for Project Mammogram. The program provides FREE mammograms to local women in need. Tickets are \$8/per person & Sponsor Tables are available for \$75.00, which includes 7 tickets plus table signage recognition and program acknowledgment. Please join us for this educational luncheon and program, raffle and door prizes awarded!

Contact: Marcie Lawson 471-1873 - Email marcie.lawson@cancer.org

***Get Fit Points: Community Information- 5 pts**



10/9/2010

Cotton Ramble Bike Ride

Sikeston Depot and American Legion Square

www.cottonramble.com

***Get Fit Points: Physical Activity- 10 points**

