

Show us How You Get Fit in the Mitt and Win Big!

Submit a three-minute video featuring YOU doing your favorite exercise activity for a chance to win \$1,000 and a guest role on "Get Fit in the Mitt!"

Get creative! Choose an exercise that is unique and embraces southwest Michigan's natural landscapes. Past episodes of "Get Fit in the Mitt" featured:

- Beach Aerobics
- Boxing
- Hiking
- Hula Hooping
- Outdoor Personal Fitness Training
- Workplace Workout

Show us what YOU can do! Include the "Get Fit in the Mitt" sign-off as in the online episodes.

Videos can be e-mailed to getfit@lakelandregional.org. Mail flash drives and DVDs to Marketing and Communications, Lakeland HealthCare, 1234 Napier Avenue, St. Joseph.

Videos will be accepted through September 5, 2013. The top three videos will be shared online so the community can choose the winner.



For more information or to watch any of the "Get Fit in the Mitt" episodes online, go to www.lakelandhealth.org/getfitinthemitt

 **Lakeland HealthCare**
Medical Excellence. Compassionate Care