

# PARTICIPANT INFORMATION

## January 20 – April 13, 2025

Congratulations on registering for Forever Strong 2025! The first 40 registrants will have their name entered for a kick-off prize worth \$600 that includes:

- \$200 Tech Shop Gift Card
- \$400 Fitness Watch

Our MNP Community & Sport Centre (MNPCSC) Personal Trainers and staff are excited to join you on this journey towards reaching your fitness goals. To make sure you have the most enjoyable and quality experience, we have highlighted important timelines and information below. You have a total of 24 sessions with your Trainer over the 12 week period. All 24 sessions must be completed by April 20, 2025.

If you have not been contacted by a Personal Trainer by **January 16, 2025**, please contact:

**Bart Ujack**  
**Manager of 3433 Sport Performance**  
403.355.1259 | bujack@mnpcsc.com

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## Pre and Post Assessment Testing

Participating in the assessment testing is optional, however if opting out you will not be considered for the Grand prizes.

A welcome email will be sent out prior to assessment week. This email will contain all information regarding the pre assessment process. Participants are required to come prepared with the following:

- Water bottle
- Comfortable workout gear, preferably clothes that are form fitting for the InBody Composition
- Comfortable runners

### **PRE-ASSESSMENT WEEK JANUARY 20 – JANUARY 26**

This will take place during the first part of your initial Personal Training session with your Trainer.

### **POST-ASSESSMENT WEEK APRIL 6 – APRIL 12**

This will take place during your final Personal Training session with your Trainer.

If you require special accommodation and are not able to attend one of the assessment weeks, please contact the Manager of 3433 Sport Performance. Please note that all **how-to videos** for the testing criteria are located on our Forever Strong webpage participant section.

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## Mini Challenges

There are 6 bi-weekly mini challenges to push you further and test your skills during the course of the program. All challenges will be draws. All participants completing the challenge will be given **one Challenge ballot and one Community Spirit ballot. The overall winner of the mini challenges will be given an extra ballot in each draw.**

To participate drop by the Fitness Centre Desk where a Fitness Consultant will run you through the how-to video and highlight important tips. At the end of every mini challenge we will draw and award the winner with some MNPCSC swag!

Another way to win: Every challenge or Forever Strong event you attend, you will be given a ballot to enter our Community Spirit Prize. The more challenges and events you attend, the more chances to win.

**January 20 – February 2: SPARC Peak Watts**

Drive your legs hard to record your highest peak wattage on the SPARC machine in a 10 second period.

**February 3 – February 16: Hanging Grip Strength**

Hang on a pull up bar for as long as you can. Once you move your hand, you're out!

**February 17 – March 2: Plate Hold**

Hold a plate out horizontally for as long as you can.  
Weight suggestions: 10lbs, 25lbs or 35lbs

**March 3 – March 16: Ski Erg**

Ski 500m as fast as possible with damper setting on 7

**March 17 – March 30: Broad Jump**

Feet shoulder width apart. From a stationary position, arm swing and jump as far forward as you can. Best of 3 tries.

**March 31 – April 13th: Airex Tandem Stand**

Stand on an Airex with your feet one in front of the other, heel to toe, with your eyes closed.

Mini challenge dates, descriptions, and how-to videos can also be found on our Forever Strong webpage. If you cannot attend any of the above-mentioned activities and would like to arrange an alternate date, please contact your Trainer.

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## Kick Off Activity: Friday, January 24th from 6:00pm – 8:00pm

We will announce the winner of the \$600 prize pack at the event. All details of the event will be sent through email and participants will be able to RSVP for the event.

## Wind Up Activity: Saturday, May 3rd from 3:00pm – 5:00pm

We will announce the overall winners and congratulate each others' successes.

## Workshops:

Details will be released and RSVP link will be sent via email.

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## Prizes

The 2 participants with the most measurable results in A or B categories will be declared the grand prize winners. Additionally, a prize draw will take place for the Community Spirit Winner. The more ballots you get, the higher your chance of being drawn! Must be in attendance to win.

Bonus Prize: Participant drawn from Community Spirit ballot box.

**Grand Prize:** For 2 participants with the most measurable results in all fitness tests

**Bonus Prize:** The participant who demonstrates the most Community Spirit

**Overall Grand Prize winners:**

- Annual Full Pay Membership – expires after one year
- 1 Year Executive Locker Room Membership
- 6 Personal Training Sessions
- Ultimate Branded Prize Package: sport bag, water bottle, socks and an athletic t-shirt

**Community Spirit winner:**

- 6 month Full Pay Membership – expires after one year
- 6 months Executive Locker Room Membership
- 3 Personal Training Sessions
- Ultimate Branded Prize Package: sport bag, water bottle, socks and an athletic t-shirt

**3 ways to enter:**

1. Attend all challenges
2. Attend events, workshops and educational sessions
3. Attend all your sessions with your Trainer with a positive attitude! Trainers will have the opportunity to put their client's names in the draw.

PLEASE NOTE: Memberships must be activated by May 19th, 2025. Executive Locker Room Membership includes full access with day-use lockers. Tote is not included. Six (6) Personal Training sessions must be started by May 19th, 2025 and will expire within 12 weeks of start date.