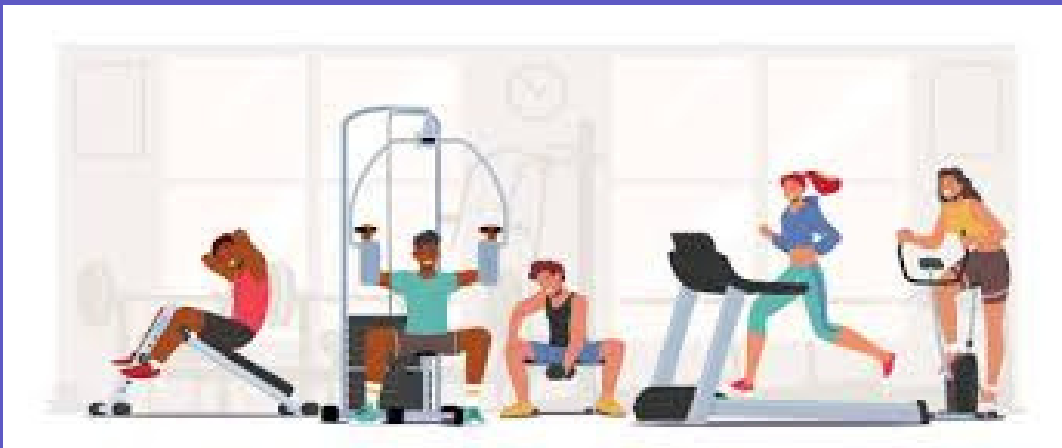


The 7 Chiefs Fitness Centre presents:



# The Tsuut'ina 90 Day Wellness Warriors Fitness Challenge



# What is the Challenge?

## Join the Wellness Warriors movement!

*"If you do not make time for your wellness, you will be forced to make time for your illness."*

Prizes and Challenge provided in partnership with: 7 Chiefs Fitness, Tsuut'ina CFS, Tsuut'ina Recreation, Tsuut'ina Youth Advisory Committee, Guja Health Team, and more to come...

### [Challenge Details]

- There will be prizes based on the **Personal Best Overall Transformation** not just physically but mentally as well. The physical part is we take a "Before" picture of you, then we take your weight, measurements of thighs, calves, arms, chest, neck and waist. The mental part is a survey of how you feel, which we will have registrants do and hand in upon registering. This data will be reviewed at the end of the challenge to choose winners. No Data - No Prize.
- **Measurement Week:** (January 14th - 19th, 2025) - We will be taking measurements
- **Challenge Start Date:** January 14th, 2025
- **Check-ins and Motivational Amenities:** Classes/programs each week out of the 3 month challenge. Check-ins on February 7th, March 7th, and April 7th, 2025.

# Challenge prizes for each division

Prize Rank	Men's Division (18+)	Women's Division (18+)	Youth Division (12-17yrs)
1st Place	\$1,500 WestJet gift card	\$1,500 WestJet gift card	\$500 Chinook Mall Gift Card
2nd Place	\$750 Apple Watch (Series 10)	\$750 Apple Watch (Series 10)	\$250 Headphones (e.g., Dre Beats, AirPods, etc.)
3rd Place	\$500 Visa gift card	\$500 Visa gift card	\$150 Fitness Clothing (Athletic Wear)
4th Place	\$250 Headphones (e.g., Bose, Sony)	\$250 Headphones (e.g., Bose, Sony)	\$100 At-home Workout Equipment (Weights)
5th Place	\$150 Warrior Supplements gym bundle	\$150 Warrior Supplements gym bundle	\$50 Speaker

# REGISTRATION AND CHALLENGE INFORMATION



- Registration and payment will be done at the Fitness Centre Desk. **ONCE YOU PAY, YOU MUST GET MEASURED, WEIGHED AND A PICTURE MUST BE TAKEN OF YOU TO OFFICIALLY BE IN THE CHALLENGE.**
- All registrants will receive a fitness booklet with general mental and physical health information as well as a survey to keep the registrants on track and motivated until the end. They will also receive a T-shirt as well sometime after registration, it won't be during weigh in week!
- Only Tsuut'ina Nation members or community members, individuals who work for/live on Tsuut'ina can register for this challenge. To see if you are eligible, contact Trey Whitney at (587)-439-9158 or email [trey.whitney@tsuut'ina.com](mailto:trey.whitney@tsuut'ina.com).
- **\$50.00** to register for (18+) men and women divisions.

What are you paying for? The \$50.00 dollars goes towards the Fitness Booklets/Packages, the T-shirts, possibly paying for the prizes and helping with programs to assist you throughout this challenge.

- **FREE** for all Tsuut'ina Community youth (ages 12-17), you will still receive all the same things that the adult divisions get.

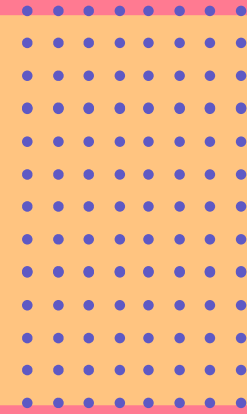
**Official Start Date: January 14th, 2025**

**Official End Date: April 14th, 2025**

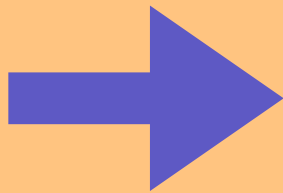
***Dates for Measurement/Registration: January 14th, - January 19th, 2025. NO ONE WILL BE ACCEPTED AFTER THE 6 DAYS OF REGISTRATION, AS IT WOULD BE UNFAIR TO THE OTHER PEOPLE JOINING.***

***Check in dates February 7th, March 7th, and April 7th at the Fitness Centre 12pm - 6pm***

# CONTACT PAGE



IF YOU HAVE  
ADDITIONAL  
QUESTIONS OR  
CONCERNS FEEL  
FREE TO REACH  
OUT TO EITHER  
OF US:



Visit our website  
[7chiefs.com](http://7chiefs.com)

Or our Facebook page  
[@7ChiefsFitnessCentre](https://www.facebook.com/7ChiefsFitnessCentre)

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