

Program

Peak Performer Program is an incentive program which tracks your cardiovascular workouts and rewards you for being active.

Each cardio workout earns you 1 point towards milestones up the mountain. Workouts includes running, walking, biking, rowing, elliptical, stairmaster, swimming, aerobic class or spin class.

- ✦ Switchbacker - 12 points ✦
Cinch Pack
- ✦ Barr Camper - 30 points ✦
Sunglasses
- ✦ Tree Liner - 60 points ✦
Shower Utility Kit
- ✦ Peak Performer - 100 points ✦
Long sleeved T-shirt

Workout must be a minimum of 45 minutes

Limit one point per day, maximum three points per week



FREE
Program

Fitness Center
Bldg. 5234
Community Center
333-4522
Hours of operation:
Mon. - Fri.
5 a.m. - 10 p.m.
Sat., Sun., Holidays
6 a.m. - 7:30 p.m.



**DESIGNED TO ENCOURAGE
YOU TO STAY HEALTHY
THROUGH
CARDIOVASCULAR
TRAINING**

Levels

Peak Performer Program is an incentive program which tracks your cardiovascular workouts and rewards you for being active.

Prizes include: Cinch Pack, Sunglasses, Utility Kit and T-shirt.

Peak Performer ✨

Tree Liner ✨

Barr Camper ✨

Switchbacker ✨



Fun Facts

Eat 250 calories less and burn 250 calories more per day and lose 1 lb of fat per week.

There is no such thing as “spot reduction.” Sit-ups will not make you lose the muffin top.

Muscle burns fat 24/7, and will increase your metabolic rate even at rest.

If you can put on 2 pounds of muscle you will burn 10 pounds of fat each year.

Your heart is the strongest muscle of your body and beats about 100,000 times in one day, in an average adult.

Consistency is the absolute most important factor in your exercise routine.



Workout Tips

American College of Sports Medicine recommend 20-60 minutes of physical activity on most days of the week.

Warm up for 5-10 minutes before exercise, preparing your muscles and heart for the activity.

Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.

You should stretch after every workout or at least three times per day. Each stretch should be held for 10-30 seconds. Try to stretch all the major muscle groups. Flexibility helps with balance and daily activities of life.

Find a workout buddy. When you're accountable to show up and do your best, you're more likely to succeed!

Regular activity will relieve stress, help you sleep better, and increase your self confidence!

