



EXERCISE CONTEST

How do you fit exercise into your daily life? The Suffolk County Cancer Awareness Task Force would like to hear your ideas and suggestions so that we can pass them on to others to encourage them to incorporate exercise as part of their healthy lifestyle.

Did you know that regular exercise can reduce the risk of colon, breast and endometrial cancer? In addition, moderate exercise can increase survival rates for those diagnosed with certain cancers.

So what are we waiting for? Give us your best ideas. You may just be lucky enough to win an exercise bike from Modell's. In fact, just for participating, Eastern Athletic Club will donate a free 10-day membership at any LI location (Blue Point, Dix Hills or Melville) and for the first 400 participants in this contest, Bally's Total Fitness in Copiague, has offered a free 7-day guest pass.

That's not all, additional prizes will be donated based on most likely to succeed, innovative idea and more. Prizes include a free 6-month Eastern Athletic Club membership for two people, two one month unlimited yoga packages at the Mindful Turtle Yoga and Wellness in Stony Brook, and a free one month membership at the LA Fitness Center in Lake Grove. Smithtown Gold's Gym is offering two 3-month memberships and six 1-month memberships at their location.

All you need to do is go to www.suffolkcountyny.gov/cancerawareness and fill out a ***DON'T SIT, GET FIT CONTEST*** Form. Forms can be faxed to 631-853-5906, or mailed to Office of Cancer Awareness, Suffolk County Department of Environment and Energy, 2nd Floor Dennison Building, P.O. Box 6100, Hauppauge, New York 11788. Entries must be received by December 1, 2010.

The contest is open to Suffolk County residents over the age of 18. If you have any questions, you may call 631-853-5919.

Suffolk County Cancer Awareness Task Force



In No More than a Paragraph, Please Describe an Innovative and Easy Way to Implement Exercise or Routine During the Workday:

Please Fill Out the Following Contact Information:

Name: _____

Address: _____

Phone #: _____

Please E-mail your response by December 1st to:
michele.crosby@suffolkcountyny.gov or Fax it to: 631-853-5906

By submitting you agree to the Terms that your Idea Could be Used in Future Suffolk County Cancer Awareness Task Force Publications.



Exercise Prize List

Grand Prize: Modell's Sporting Goods

Prize: **Exercise Bike**

Participants will also receive a discount coupon for Modell's Sporting Goods stores

Bally's Total Fitness

1147 Sunrise Highway

Copiapue, N.Y. 11726

Prize: free **7-day Guest Passes** for first 400 participants

Eastern Athletic Club

Prize: **6-Month Membership for 2** at any Long Island Eastern Athletic Club (Blue Point, Dix Hills and Melville)

Participants will receive a **free, 10-day Membership** at any Long Island Eastern Athletic Club (Blue Point, Dix Hills and Melville)

LA Fitness

110 New Moriches Road

Lake Grove, N.Y. 11755

Prize: **One-Month Membership** at Lake Grove facility

Mindful Turtle Yoga & Wellness

1111 Route 25A

Stony Brook, N.Y. 11790

Prize: **2, One-Month Package of Unlimited Yoga Classes** - to be used by 5/1/11.

Smithtown Gold's Gym

100 Landing Avenue

Smithtown, NY 11787

Prizes: **2 Three-Month Memberships**

6 One-Month Memberships