

Welcome to Sportember

from Sports Rewards & FitnessRewards!

Sportember is all about raising awareness of the importance of participating in grass-roots sport and exercise. The month long activities will also be raising funds for the Sports Rewards Foundation, which is working towards a healthier Australia.



WHAT'S IT ALL ABOUT?

The month has two key components –

1. The 'National Sports Day' on Sportember 17th
2. The 30 Day Lifestyle Challenge.

National Sports Day (Sportember 17th) is THE day to celebrate grass-roots sport and what it means to us as Australians. It's also the day to thank the many wonderful volunteers across the country who generously give their time so that others can enjoy all the benefits that sport brings to us.

To signify the day you're encouraged to wear your favourite sports team apparel to work – or just your most comfy exercise gear - instead of normal work attire. There's a small donation to our Foundation required to register for the day.

By registering you will receive the following gifts:

1. A copy of the *More than Sport* book (RRP\$30) - featuring the likes of Wayne Bennett, Leigh Matthews and many more
2. A Sports Rewards card (valid for 3 months) - that helps you save on food, fuel, dining, travel and much more in the lead up to Christmas
3. The chance to win lunch with your favourite sport star!

The '30 Day Lifestyle Challenge' is all about creating healthy lifestyle habits and a healthier Australia. The challenge, should you choose to accept it, is to exercise for 30 minutes every day for 30 consecutive days - commencing any day in Sportember (the month formerly known as September).

You are also challenged to raise as much funds as you can for The Sports Rewards Foundation - who will inject this money back into grass-roots sport and their chosen charities: The Heart Foundation and Diabetes Australia QLD.

Your Sportember registration kit includes:

1. A copy of the latest issue of UltraFIT magazine
2. A 'Sportember Rewards Card' - to help you save money leading up to Christmas
3. Loads of hints and tips on getting into shape and eating well to support your new exercise regime.

Visit www.sportember.com.au
for more details about Sportember



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