

WELCOME TO THE YMCA OF CENTRAL FLORIDA'S 2014 WORLD CUP CHALLENGE.

Just as you've watched national teams progress through competitive brackets to earn the World Cup Soccer Trophy, the Y is challenging our members to do the same. Regardless of your age or ability, the YMCA World Cup Challenge will help you explore new exercise activities, improve your health and learn more about the Y. Much more than a swim and gym, today's Y is a cause, a mission, a way to connect with others and strengthen our entire community. So come on. Bring it on. Take the challenge.



OUR MISSION

The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen Spirit, Mind and Body.

OUR CAUSE

To strengthen communities through youth development, healthy living and social responsibility.

2014 WORLD CUP CHALLENGE

YMCA OF CENTRAL FLORIDA

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BRING OUT YOUR BEST



YMCA WORLD CUP GOALS

1. **ENGAGE** you in fun, new activities designed to kick-start a healthier, more physically active lifestyle (good for the spirit, mind and body).
2. **CONNECT** you with Y staff and other members in a fun, friendly quest to advance to the next level and "bring home the cup."
3. **ENHANCE** your Y experience by introducing you to our wide-ranging programs in Youth Development, Healthy Living and Social Responsibility.
4. **INSPIRE** you to get involved, lend a hand or volunteer because we all grow stronger through the Y.

HOW TO REGISTER

Sign up at your local Y. Once registered, you become part of a "World Cup Team", coached by a Y staff member who will cheer you on and help you reach your personal goals. Registration is free for Y members and ends July 20.

HOW THE CHALLENGE WORKS

The challenge follows the **World Cup format** and is broken into **five distinctive "rounds"** with each lasting approximately one week (round 1 is longer due to registration).

During each round "players" must complete a designated **number of Exercise Activities** (based on the chosen division) and **one Y Awareness Activity**.

Y Awareness Activities may include: Learning more about Safe Start, the Y's infant water survival program, or taking the YMCA Diabetes Prevention Quiz.

TO GET STARTED

- 1) **Register** with a Team Captain (any Y staff member) to join a team and get your name on a poster
- 2) **Choose your division:**
 - **HEALTH SEEKER**
2 Exercise Activities plus 1 Y Awareness Activity per week
 - **STEP UP**
3 Exercise Activities (20 minutes each) plus 1 Y Awareness Activity per week
 - **ATHLETE**
3 Exercise Activities (45 minutes each) plus 1 Y Awareness Activity per week
- 3) **Challenge starts July 14th!**
Put up a sticker for each activity you complete.

*Don't worry, if you miss a week make-ups are allowed.

DISCOVER JUST HOW FAR YOU AND YOUR Y CAN GO

