



PROSPECTUS BERCO

## Move More in Harmony Challenge Registration Packet

### **CHALLENGE INFO:**

**WHAT:** Prospectus Berco is inviting participants, employees, family, friends, and supporters to have fun moving and staying healthy while raising funds for Prospectus Berco! We are challenging you to do 15 minutes of physical activity each day. Whether it's running, swimming, biking, dancing, or whatever gets you moving, we challenge you to exercise an average of 15 minutes a day. Track your minutes this fall, beginning on September 22 through October 20 to be eligible for prizes. The Challenge will close on October 23 with a Harmony Walk at Santander Arena and includes an awards presentation, block party with Reading Royals and hockey game.

#### **Individual Goals:**

- Bronze 500 minutes throughout the month / average 16 mins/day
- Silver 1,000 minutes throughout the month / average 32 mins/day
- Gold 1,500 minutes throughout the month / average 48 mins/day

#### **Prizes Awarded for:**

1. Challenge Champion: individual who logs in the most minutes will be awarded the grand prize.
2. 2<sup>nd</sup> Place Winner
3. 3<sup>rd</sup> Place Winner
4. Individuals who make it to the:  
Bronze level - Name entered 1x into Drawing for Prizes  
Silver Level – Name entered 3X into Drawing for Prizes  
Gold Level – Name entered 5X into Drawing Prizes  
For chances to win one of 10 Drawing Prizes

**WHEN:** September 20 through October 20. People are welcome to register at any time throughout the month and may work toward achieving the various levels and challenges.

**CHALLENGE WHERE:** Complete activities from wherever it is most convenient for you but be sure to follow all social distancing guidelines. Running at your local park, working out at the gym, biking a scenic trail, playing a game of basketball, and doing yoga in your own home are just some of the ways you can get involved and earn minutes for you and your team. Log your minutes each day and share your progress with others on social media, at work, and with family. Minutes should be shared weekly using our weekly log.

## **HARMONY WALK INFO:**

We're celebrating our abilities by getting together for a Harmony Walk at Santander Arena on Saturday, October 23 and celebrating with us are the Reading Royals! It's a full day of fun and harmony:

- 1:30-3:00      Harmony Walk  
Walkers can set their own pace walking in the arena concourse or grab some friends and walk together. 10 laps equal one mile. For each mile, walkers will have their name entered into a drawing for prizes. Active walking time is from 1:30 – 3:00 p.m.
- Collect Pledges for each lap and help Prospectus Berco raise funds in support of its mission to provide innovative supports for adults with intellectual and developmental disabilities living and working in Berks County.
- 3:00 p.m.      Awards Presentation: People who participated in the Harmony Challenge and those who participated in the walk will be awarded prizes for their accomplishments.
- Challenge Champion: individual who logs in the most minutes will be awarded the grand prize.
- 2<sup>nd</sup> Place Winner
- 3<sup>rd</sup> Place Winner
- Walker With the Most Champion:      Prize awarded for the individual who walked the most laps at the Harmony Walk.
- 5K Champs:      Everyone who completes 30 laps/3 miles will be awarded a prize.
- 3:30 p.m.      Block Party with Reading Royals
- Join the Reading Royals, Dancers and Slap Shot for live music entertainment, food fun and games.
- 5:30 – 7:00 p.m.      It's Game Time!!!!
- Join the Reading Royals on their Season Opener and root for your favorite team. followed by an awards celebration for the Harmony Challenge and Walk winners. After the awards presentation, guests are invited to join the Reading Royals and Prospectus Berco for a block party with live entertainment, food games and fun. Guests are encouraged to stick around for the game. We'll be joining them for their Season Opener,

***One lucky winner will get to lead the ceremonial puck drop and four people will be selected for Bench Passes during the Reading Royals Warm-ups.***

**HOW:** Register on-line or print and submit the registration form to Harmony Challenge, Prospectus Berco, 840 William Lane, Reading, PA 19604; checks should be made payable to *Prospectus Berco*.

We are offering several options for people to participate. While participating in the Harmony Challenge, participants are to share their progress weekly and we will post leaders on our website throughout the challenge. Participants are encouraged to share what activities they enjoy. Prospectus Berco and to help raise money for people with disabilities through our on-line fundraising page.

## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Registration Type: *(Check One)*

### *Multiple People on Form*

- |  |             |        |               |
|--|-------------|--------|---------------|
| ▪ <b>Basic Challenge</b>   | <b>\$15</b> | X_____ | Total \$_____ |
| (Includes t-shirt and eligibility for prizes)                        |             |        |               |
| ▪ <b>Challenge Plus</b>  | <b>\$25</b> | X_____ | Total \$_____ |
| (Includes t-shirt, prize eligibility, and walk registration)         |             |        |               |
| ▪ <b>Ultimate Challenge</b>  | <b>\$50</b> | X_____ | Total \$_____ |
| (Includes t-shirt, prize eligibility, walk registration, and game. ) |             |        |               |
| ▪ <b>Harmony Walk</b>  | <b>\$25</b> | X_____ | Total \$_____ |
| (Includes walk registration, t-shirt, and prize eligibility)         |             |        |               |
| ▪ <b>Harmony Walk &amp; Game</b>                                     | <b>\$50</b> | X_____ | Total \$_____ |
| (Includes walk registration, t-shirt, prize eligibility, and game)   |             |        |               |
| ▪ <b>Fan Club</b>  | <b>\$50</b> | X_____ | Total \$_____ |
| Game and commemorative t-shirt                                       |             |        |               |

**\*\*NOTE:** *Game includes seating in the Purple Section, food voucher for hamburger and soft drink, and a Reading Royals Cap.*

**T-Shirt Size:** Include the number for each size for each party in your group

Youth \_\_\_S, \_\_\_ M, \_\_\_L,

\_\_\_S, \_\_\_M, \_\_\_ L, \_\_\_ XL, \_\_\_ XXL, \_\_\_ 3X, \_\_\_ 4X, \_\_\_ 5X

Thank you for registering for the Move More in Harmony Challenge. Please take a moment to review the following PAR-Q to determine whether or not you should consult your physician before beginning this challenge. Also, please sign our Accident and Hold Harmless Waiver. Thank you!

## Physical Activity Readiness Quiz

It is always best to determine whether you should have medical clearance before starting an exercise program. Take this simple Yes/No Quiz to determine if you should contact your physician before participating in the challenge.

PAR-Q: Physical Activity Readiness Questionnaire		
YES	NO	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
YES	NO	Do you feel pain in your chest when you do physical activity?
YES	NO	In the past month, have you had chest pain when you were not doing physical activity?
YES	NO	Do you lose your balance because of dizziness or do you ever lose consciousness?
YES	NO	Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
YES	NO	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
YES	NO	Do you know of any other reason why you should not do physical activity?

If you answered yes to one or more of these questions, see your doctor before you start becoming much more physically active or before you have a fitness appraisal.

### **Accident Waiver**

I am participating on a voluntary basis in the Move More in Harmony Challenge and I understand that I may stop participation at any time.

I understand that the program encourages a gradual approach to exercising and in participating, I enroll at my own risk. Although the risk is very unlikely that I will suffer a cardiac event, this risk comes with any type of physical activity, and it is in my best interest to have physician clearance before beginning any exercise regimen.

I hereby affirm, that I have completed the Physical Activity Questionnaire, and to the best of my knowledge that I do not suffer from any condition that would prevent or limit my participation in this challenge and I have not been advised by any physician that I should refrain from participating in exercise. In addition, I acknowledge that if my health changes during the duration of the challenge, it is my responsibility to seek medical advice to determine if continued participation is appropriate for my health.

I release Prospectus Berco and the Move More in Harmony Challenge committee and any other participating sponsor from liability now or in the future.

I have read this form, and understand, and agree to the guidelines established for this program. I understand the possible risks involved with my participation, and having had an opportunity to ask questions that have been answered to my satisfaction, I consent to participate in the Move More in Harmony Challenge.

I understand that it is always best to check with your physician begin an exercise activity.

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Signature

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Date