



Easter Seals Joliet Region Invites You to COMMIT TO BE FIT!!

COMMIT TO BE FIT is a 6 week fitness tracking program designed to motivate your kids to be active every day! All Easter Seals clients from tots to teens (and siblings too!)

are invited to participate! COMMIT TO BE FIT starts January 25th and ends March 4th. Every participant will be required to keep a fitness log tracking how many minutes of physical activity he/she does each week. Fitness logs are due weekly and can be submitted via email at committobefit@joliet.easterseals.com or given to an Easter Seals staff member. Prizes will be raffled off weekly for all participants!! Registration forms are due by January 22nd. Please turn in this form to an Easter Seals staff member or email the information below to committobefit@joliet.easterseals.com. Further instruction will follow upon your registration! Please email committobefit@joliet.easterseals.com with any questions or call Angelica Hernandez or Hayley Biernacki at (815)725-2194. Let's COMMIT TO BE FIT!

REGISTRATION FORM

Please complete this form for each participant. Your email will only be used to send updates regarding COMMIT TO BE FIT, and will not be shared or used in any other way.

Participant's Name: _____

Parent/Guardian's Name: _____

Age: _____

Gender: _____

Ethnicity: _____

Diagnosis (if applicable): _____

Zip code: _____

Email: _____