



GET READY TO ArmorUp™

FITNESS CHALLENGE: MARCH 1 - MARCH 31

You can't always win, but you can definitely dream big.

Make those fitness dreams come true in Sport&Health's ArmorUp® 30 Day Fitness Challenge. Sport&Health, Brambleton Soave Real Estate and ArmorUp® are teaming together to help you better prepare your body for whatever comes your way. Inspired by the former Fox 7 Anchor Loriana Hernandez's diagnosis and journey with leukemia, ArmorUp® would like to invite you to challenge yourself to do better and to save your own life.

Registering in the ArmorUp® 30 Day Fitness Challenge will help you get to your fitness goals, while also challenging you to do better than you could have ever imagined. You will receive a long-sleeve shirt, a 30-Day Sport&Health Membership (for non-members only), an entry into the Grand Prize contest, a personal training consult, local tenant swag and a Fitness Challenge Punch Card to track your workouts.

GRAND PRIZE CONTEST

- Most Body Fat Percentage Loss (Separate winners for men and women)
- Most Weight Loss (Separate winners for men and women)
- Overall Fitness Challenge (All who are registered and check-in at least 10 times)
- Social Media Winner (Please use #ArmorUp and #IGotThis for social media)

Register for \$30 today at armorupcampaign.com and also learn more about Loriana's journey and recovery from leukemia.

#ArmorUp
@sportandhealth.com



 **ArmorUp™**
C A M P A I G N

 LEUKEMIA &
LYMPHOMA
SOCIETY
fighting blood cancers

 Brambleton
Soave Real Estate

 sport&health