



A Fun and Healthy Adventure!

May 20<sup>th</sup> through July 15<sup>th</sup>

**1.** Form a team of 2 - 10 people!  
All ages encouraged!

**2.** Register your team!\*  
Register online at [www.berkshireMFC.com](http://www.berkshireMFC.com) (or pick up registration forms at the Mayor's Office, or the Pittsfield YMCA).

**3.** Attend the MFC Kick-off!  
Join us for the Mayor's Fitness Challenge Kick-off on Saturday, May 20<sup>th</sup> from 10-12pm at the Pittsfield Common to pick up coupons, try some healthy food samples and learn about some local physical activity opportunities.

**4.** Let the fun begin!  
Get moving more, eat fruits and veggies, and drink water to earn points! Be on alert for bonus point activities!

**5.** Join us at the MFC Post Celebration!  
Join us at the Mayor's Fitness Challenge Post Celebration on July 20<sup>th</sup> at Third Thursday to learn which team and individuals collected the most points!

\*Must live or work in Pittsfield

To register, visit [www.berkshireMFC.com](http://www.berkshireMFC.com)

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