

# “Move Around the World”



Are you ready to “Move Around the World?” The Minges Wellness Center is excited to roll out a new incentive program called “Move Around the World.” The goal will be for exercisers to equate their time spent exercising at the MWC into miles and eventually make it to the 24,859 miles around the world. This new program will include ALL cardio equipment so all members will be able to participate. Come move with us!!

## Your Destinations

Jamaica

1,185 Miles



Paris

4,011 Miles



Nigeria

5,644 Miles



China

7,517 Miles



Australia

10,446 Miles



Final Destination: Kinston, NC- 24,859 Miles

# How it Works



## Guidelines:

- Track minutes that you exercise in the MWC
- One minute = one mile
- ALL MWC cardio equipment, group fitness classes, and inside walking track can be used to track minutes
- Log your minutes/miles on your sheet daily and put it in the binder near check-in.
- Six “arrival destinations” are being used along the journey with the final destination being back in Kinston, NC (all the way back around the world).
- Recognition is the reward! When you reach each arrival destination you will be recognized for your hard work by having your picture taken and signing the flag of that location!
- Individuals who exercise 24,859.82 full minutes/miles around the world will receive their exclusive tee shirt recognizing their World Club Membership status.

**We can't wait to move with you around the world!**