**The Buddy System**

**Exercising with a friend is often more fun and  productive.**

SO let's encourage each other  -

**ENTER THE BUDDY SYSTEM CHALLENGE**

**THIS IS HOW IT WORKS- It's simple...**

Each time you and a friend/spouse etc. exercise together, put each of your names (readable) in a "Buddy System" **can** located in your school, food service, transportation or maintenance office or either Wellness Center Room.

You can work out together, walk, run or hike together, go to fitness classes together, join a challenge together…

**Just exercise and encourage each other to move.**

**The challenge runs from Monday, May 1st through Friday, June 2nd.**

June 15th we will draw for many prizes which will include massages, fitness equipment and gift cards.

**Grab a friend and go!   It's the Buddy System! Have Fun!**

Sponsored by BSD and OEA Choice Trust