

Inspiring Member

Do you know a Solana Club member working towards or maintaining a healthy and active lifestyle?

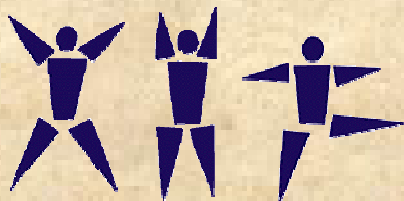
An "Inspiring Member" candidate should accomplish or participate in two or more of the following:

- Solana member for at least a year.
- Works out two times a week or more.
- Has reached a goal which has been addressed to a member of the Solana Club.
- Has improved in regard to any of the fitness components.
- Has participated in at least two fitness or wellness programs.
- Has completed a road race and does well in his/her age category.
- Has returned from surgery or an injury and has gotten back into his/her exercise program.
- Has improved a health risk such as high cholesterol, blood pressure levels or smoking.
- Does not allow time conflicts to interfere with adherence to an exercise program (such as using lunch break for a quick 30 minute workout).

Nominate someone who has consistent attendance, participates and encourages participation in fitness center sponsored programs and who has result oriented goals.

The Inspiring Member will receive a free pair of workout shoes. In addition, they will be featured on the Inspiring Member Board.

Please see "Nomination Form" on reverse side.



The Solana Club
Health Fitness Recreation

2902 Sams School Road
Westlake, Texas 76262

Visit us online...

www.SolanaClub.com

For more information please contact us today!

Phone: (817) 491-4559

Email: mail@solanaclub.com