



**Fitness Challenge**  
**Sponsored by:**  
**WILSON**  
MEDICAL CENTER  
A Duke LifePoint Hospital

Initial next to each activity you complete. You must complete 3 out of 5 each week.

*#WhirlRoundWilson*

### Week 1: October 11-17

- \_\_\_ 1. **Starting line:** Complete two laps around Wilson Medical Center's Walking Track
- \_\_\_ 2. Play fetch with your dog at the Wilson Dog Park
- \_\_\_ 3. Do 5 push-ups at the Vollis Simpson Whirligig Park
- \_\_\_ 4. Take a walk around Lake Wilson Reservoir
- \_\_\_ 5. Walk 2 blocks downtown and visit 2 merchants

### Week 2: October 18-24

- \_\_\_ 1. Ride your bike around your neighborhood for at least 10 minutes
- \_\_\_ 2. Walk at least 10 minutes at one of the city parks' walking tracks (see list at wilsonnc.org)
- \_\_\_ 3. Try an outdoor fitness activity (i.e. aerobics, yoga, Zumba) at the Vollis Simpson Whirligig Park
- \_\_\_ 4. Pick an activity that you've never done! (i.e. disc golf at Williams Day Camp, tennis at Matthis Park or pickleball at Greater Wilson Rotary Park)
- \_\_\_ 5. Stretch for 10 minutes

### Week 3: October 25-31

- \_\_\_ 1. Walk up and down the steps at the Imagination Station twice
- \_\_\_ 2. Walk at least 2 laps around Wilson Medical Center's Walking Track
- \_\_\_ 3. Do 7 knee lifts at the Vollis Simpson Whirligig Park
- \_\_\_ 4. Play soccer with your child/friend/family member at J. Burt Gillette Athletic Complex
- \_\_\_ 5. Try an outdoor fitness activity (i.e. aerobics, yoga, Zumba) at the Vollis Simpson Whirligig Park

### Week 4: November 1-7

- \_\_\_ 1. Walk at least 10 minutes at one of the city parks' walking tracks (see list at wilsonnc.org)
- \_\_\_ 2. Do 10 Jumping Jacks at the Vollis Simpson Whirligig Park
- \_\_\_ 3. Walk at least two blocks downtown Wilson and visit 2 merchants.
- \_\_\_ 4. Swim or take a class at the Recreation Park pool
- \_\_\_ 5. **Cross the finish line on Saturday, November 7, 12-4 pm, at the Vollis Simpson Whirligig Park and submit form to the Wilson Medical Center booth**





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We challenge you to  
*Whirl 'round Wilson* for a chance  
to win prizes and get moving  
around our beautiful city!

### **Fitness Challenge rules and instructions:**

1. Participants must complete registration through the NC Whirligig Festival website ([www.whirligigfestivalNC.org](http://www.whirligigfestivalNC.org)).
2. The contest is open to the first 75 participants.
3. To complete the Whirl 'round Wilson fitness challenge, participants must:
  - a. Download the Fitness Challenge PDF for personal tracking
  - b. Complete 3 of the 5 weekly challenges each week 10/11-11/7.
  - c. Submit 4 photos (1 per week) of participant engaging in challenges and to [WilsonMedicalMarketing@gmail.com](mailto:WilsonMedicalMarketing@gmail.com).
  - d. Cross the finish line and complete the challenge on Saturday, November 7 at the Vollis Simpson Whirligig Park by 4 pm.
4. All those that complete the fitness challenge will receive a Wilson Medical Center T-shirt and be entered into a drawing for one cash prize of \$100.
5. The drawing winner will be announced during Whirligig Weekend on Sunday, November 8 on the festival's social media. The festival team will reach out to the winner through the contact information provided on the registration form.
6. Winners may pick up their Prize Pack the afternoon of Sunday, November 8 or make individual appointments with the festival team during the following week. Prize Packs not claimed by Friday, November 13 will be forfeited.
7. Questions? Contact Melanie Raynor, Director of Marketing at Wilson Medical Center at 252-399-8484 or [info@whirligigfestivalinc.org](mailto:info@whirligigfestivalinc.org).

