

# Buddy Fitness Finale



Experience the  
positive mental and  
physical benefits of  
movement!

Form  
A  
Team  
(Buddy)

6  
weeks

Prizes!

Feb. 15 - March 28

Register at [www.mcsig.com](http://www.mcsig.com)

Company Code: MCSIG

Earn 1800 points for a point in Healthy Rewards

