

# Bucknell MEMO

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DATE: March 26, 2009  
TO: All Bucknell Faculty and Staff  
FROM: Athletics & Recreation and Community Health Promotion  
RE: Spring Vacation Trip 2009

It's time for Spring Vacation Trip 2009! Here's your chance to move toward and maintain a healthy lifestyle, earn incentives, and become eligible for team and individual prize drawings. Any exercise-related activity counts – the idea is to get your body moving and shape up Bucknell!

This annual, voluntary exercise incentive program will last for six (6) weeks (Monday, April 13 – Sunday, May 24). Participants are encouraged to engage in **at least 30 minutes of physical activity, 5-6 days each week**. Each person who achieves his or her individual goal will win a free t-shirt, and one lucky team will win a **celebration luncheon** for their teammates. Please see the attached guidelines for more information.

As you gather your teams together for this year's Spring Vacation Trip, we encourage you all to invite individuals from other, perhaps smaller, departments on campus to give everyone a chance to be a part of a team. Help us spread the good word about being healthy and staying fit!

**Empower your fellow colleagues through exercise! The time is NOW to Shape Up Bucknell!**

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## Spring Vacation Trip 2009

### TEAM REGISTRATION FORM

Team Name & Department: \_\_\_\_\_

Team Captain: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Team member	Email address	Preferred T-shirt size

**Return to: Pualani Spurlock, Athletics & Recreation, KLARC**  
*\* You may also register your team by e-mail: [pspurloc@bucknell.edu](mailto:pspurloc@bucknell.edu).*  
**Please let us know your team is participating by Friday, April 10.**