



myzone®

NATIONAL FITNESS DAY CHALLENGE

20 SEPTEMBER 2023

**Take part in our 24hr RAF Myzone National Fitness Day Challenge
- an inter-facility competition powered by the RAF Central Fund.**

- Look out for your invitation on the Myzone App or by email and earn as many Myzone Effort Points (MEPs) as you can.
- Points earned in all the Myzone Effort Zones will count so you don't have to be super fit to take part.
- As an Inter-Facility challenge you will be earning MEPs for your facility (be that a Station, Sports Association or the RAF Central Fund), each of which will be competing for the challenge trophy!
- Each facility must have a minimum team of 10 participants, each earning over 100 MEPs on the day, to be eligible for the challenge trophy.

Don't have a Myzone fitness tracker yet?

Some Stations have their own Myzone MZ-3 belts that you can borrow from the gym or simply get in touch with us to take advantage of one of our great offers! Get a discounted MZ-3 belt for just £48 (RRP £129) or the new MZ-Switch for just £61.31 (RRP £139) by emailing us at myzone@rafcf.org.uk providing your name, MOD and civilian email addresses.

No Station or Sports Association Myzone Facility?

Don't worry you can join the RAF Central Fund's using code **RAFCFUK000!**

PRIZES TO BE WON!

**NATIONAL
FITNESS
DAY**

