



Powered
by the

myzone®

NATIONAL FITNESS DAY CHALLENGE

24 SEPTEMBER 2025

**Take part in the 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! There will also be prizes for the top individual earners!
- 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 devices that you can borrow from the gym or simply get in touch with the Fund to take advantage of one of our great offers! Find out more at:

www.rafcf.org.uk/need-support/partner-suppliers/

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**

