



myzone®

NATIONAL FITNESS DAY CHALLENGE

22 SEPTEMBER 2021

**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!

Don't have a Myzone belt yet?

Some Stations have their own Myzone belts that you can borrow from the gym or simply get in touch with us to take advantage of our great offer! Get a subsidised belt for just £48 (RRP £129) 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!**

TOP PRIZES TO BE WON!

**NATIONAL
FITNESS
DAY**

