



RxExercise Ambassadors

Travel A-Team \$ Expenses Paid

To Great Ambassador Destination Events

Inspire Others RxExercise with Every Step



Choose Your Goal... Join A-Team Today... Train & Tell ... Travel Tomorrow

2012 Great Ambassador Destination Events

- Jan 6 - 8 - **DisneyWorld Marathon, ½ Marathon & 5k**
- Jan 22 **Maui, HI Oceanfront Marathon, Half Marathon & 5k**
- Mar 18 – **Germantown, TN ½ Marathon** (RRCA Nat. Championship) & 5k
(Preceded by RRCA National Convention in Memphis, TN Mar 14-17)
- June 3 – **San Diego, CA Rock 'n' Roll Marathon, ½ Marathon**
(Preceded by ACSM Annual Meeting in San Francisco, CA, May 29 - June 2)
- Aug 19 - **Anchorage, AK Big Wild Life Runs Marathon, ½ Mar, 5k**
- Sept 2 - **Kauai, HI, Kauai Marathon, ½ Mar, 5k**
- Oct 28 - **Washington DC, Marine Corps Marathon & 10k**



Become an RxExercise Ambassador Inspiration

Because... There is NO CURE for all the ills associated with lack of exercise!

Take action now and *make a difference every day* in your own life & the lives of others by Training, Traveling & Telling your RxExercise Ambassador story

For more information contact RxExercise Ambassador & Coach Gary Westlund
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CC Mission: To Improve Health/Fitness, Reduce Health Risks, and Enhance Disease Management via Goal-oriented RxExercise Training Programs, Engaging Events & Active Partnerships.

CC is a 501(c)(3) non-profit organization