

# 2024 National Senior Health & Fitness Day Theme Contest

For our 31st Annual National Senior Health & Fitness Day®, we are looking for a catchy, clever slogan to help focus attention on the importance of regular physical activity for older adults.



**31st Annual Event: Wednesday, May 29, 2024**

## The slogan should be:

- a short phrase or sentence
- no longer than 2 lines
- positive and have an upbeat message
- original—something you came up with

## Recent winning themes:

*“Move More to Do More!” • “Exercise Your Way to a Better Day!” • “Life is Better in Motion!” • “Activity—A Choice You Can Live With!” • “Get Moving...It’s a Step in the Right Direction!” • “Make Fitness a Goal for Life!” • “With Movement...There’s Improvement!”*

## Prize:

A \$250 cash prize will be awarded to the national winner. The slogan will appear on selected National Senior Health & Fitness Day promotional materials! The contest is open to adults ages 50+.

My theme contest entry for the 31st Annual National Senior Health & Fitness Day: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ E-mail (if available) \_\_\_\_\_

I confirm that I am 50 years of age or older.

### Mail your entry to:

National Senior Health & Fitness Day  
2024 Theme Contest  
P.O. Box 883  
Libertyville, IL 60048-0883

### E-mail your entry to:

info@fitnessday.com

### Entry Deadline:

**February 2, 2024**