



# Fitness Centers

## Promotions Worksheet

The 5210 Healthy Children Promotions Worksheet is a tool to help POCs use the items in each toolkit and create promotional materials to run the healthy messaging campaign. Below you will find a list of suggested items to order from a local or online printing company. Be sure to ask for bulk order or any other discounts.

Use this worksheet to get an estimate of promotional items to order. There is a suggested type of unit, or audience, listed for each item and a suggested number of items per unit. Decide how many units are in the community, multiply by # of units, and list under total.

Fitness Centers Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Fitness Centers	Center	1		
Tips at Fitness Centers	Center	1		
Tips at Fitness Centers Movie Poster	Snack bar/ Nutrition Center	1		
Tips at Fitness Centers Wall Poster	Entrance	1		
Definitions & Recommendations	Display	1		
Most People Don't Need Sports and Energy Drinks	Display	1		
Fill Up Here! Poster	Water Fountain	1		
Refresh! Poster	Water Fountain	1		
Thirst Quencher Poster	Water Fountain	1		
<i>Additional promotional item ideas that can help promote 5210 Healthy Children messaging campaign. Look to purchase through local or online printing companies.</i>				
Tote Bag	Patron	1		
Pens	Front Desk	50		
Magnet Calendar	Display/ Patron	1		
T-Shirts	POC/ Instructors	1		
Water Bottle	Patron	1		