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NIHCA's New Website!!!

NIHCA is proud to announce the launch of our new website! Make sure to visit our newly redone website at www.nihca.org for the most updated information on the fitness incentive programs and new happenings at NIHCA.

In an effort to make our website as convenient and helpful for our NIHCA members we have added some new features. In addition to listing our insurance/employer group partners, our participating fitness centers, webinars and events; NIHCA will soon be offering a preferred vendor list for our members use, equipment sale postings and a NIHCA promotional store where our members are able to receive discounts on various promotional material for giveaways, merchandise, and employee uniforms.

We have kept all of the previous information

on our website as well as added new content. If there is anything that you would like to see added to the website, please use the contact page on our website or email info@nihca.org. We will take all suggestions into account and try to satisfy all requests.

In order to take advantage of all NIHCA has to offer, we have opened up our website for comments. Please comment on our new website in our *NEWS* section of the website. Those who comment on our new website will be entered to win a place on our website's homepage for June's Spotlight fitness facility.

Also please note that as of May 31st, 2010, www.mihca.org was discontinued. Please update all club information and links to www.NIHCA.org. Thank you!

Special points of interest:

- Check out Page 2 for our NIHCA promotional E-Store!
- Follow NIHCA on Facebook and Twitter for fabulous prizes.
- Start interacting with other NIHCA clubs through our website!
- Play our game and win a prize!

NIHCA is now on Facebook and Twitter!

NIHCA is now on Facebook and Twitter. Make sure to follow NIHCA for up to date information on the fitness incentive programs as well as opportunities for giveaways and a chance to be featured as a "club of the week".

NIHCA recommends being a fan on Facebook and a follower on Twitter to ensure that your fitness center is always updated.

For the first 75 fans of NIHCA on Facebook, you will be entered into a drawing for a set of Ultrafit Resistance Tubing courtesy of Gopher Performance.

NIHCA will be holding a drawing for the first 50 followers on Twitter as well.

Make sure to become a fan of each to double your chances in the drawings!

Follow NIHCA on Twitter and become a fan of NIHCA on Facebook.



PROMO STORE

Exclusive online store for NIHCA member promotional items

Customize resistance bands for members use or free community giveaways!



The NIHCA Promo Store is here to give all NIHCA members a convenient and cost effective place to purchase your Promotional Products that carry your logo and branding. We want to help you generate new fitness customer business on a regular basis and help you create the right image for your business. Simply go to our website and click on the cart at the top of the page to use the online shopping cart and place your order.

If you have any questions or comments about this system or suggestions of products you would like to see available here please email infoweb@phoenixmark.com or call us toll free at 866-344-2979.



Purchase NIHCA's famous stress dumbbells!!

ORDER MERCHANDISE FROM OUR NEW E-STORE!!

NIHCA has now partnered with Phoenix Marketing Group, one of our Preferred Vendors, to offer a special benefit to our NIHCA fitness centers. Any NIHCA fitness center is eligible to receive discounts and savings on products and apparel ordered through the NIHCA/PMG website. These discounts are available exclusively to NIHCA members! By purchasing through the NIHCA

website link you are helping NIHCA gain cooperative buying power, and helping your bottom line. Simply click on the link to the right or copy and paste into your browser to start purchasing personalized promotional material for your fitness center!

Help gain business by promoting your facility on something everyone will use!!



<http://shopping.phoenixmark.com/nihca>

NEW - Preferred Vendor List!!

The newest addition to our website is our Preferred Vendor list! As an added benefit to our members, NIHCA has compiled a list of companies that are offering **exclusive discounts** for NIHCA participating fitness centers! Discounts on various products and services are based on the cooperative buying power of our NIHCA fitness centers.

Our current partners are:

Aspen Information Systems—Computer software
 EKHO—Heart Rate Monitors and Pedometers
 Gopher Performance—Fitness Equipment
 Horizon Pool Supply—Pool Products
 Intercept EFT—Accounts Payable/CC and ACH payroll

One Source Fitness—Exercise Equipment
 Phoenix Marketing Group—Promotional material
 SPRI products—Exercise Equipment
 VANCO Services—Payment processing solutions

If you work with a vendor that is not on the list, and you would like to see them added to our Preferred Vendor page, please contact us and together we will try to incorporate them as well. Please contact Holly at 651.554.9416 or toll free at 866.484.9173 or holly@nihca.org.

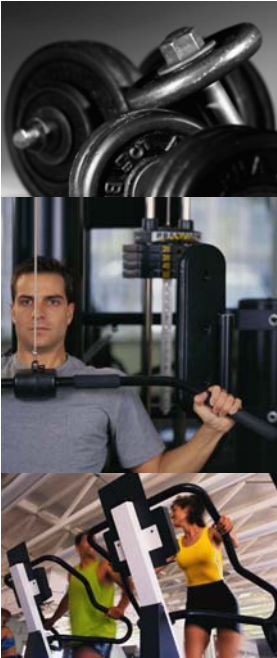
Equipment For Sale!!

As part of NIHCA's new website, we will be allowing fitness centers to post advertisements for new and used fitness equipment. NIHCA will charge \$100 for any non-NIHCA member to post for sale equipment on the NIHCA website (add'l \$25 for image). All NIHCA members have the ability to **post for free**.

Requirements for an equipment sale listing:

- Posting must be less than 100 words
- Must list if workout equipment is in "New", "Like New", "Used", or "Worn" condition
- Must provide details about the brand, make and/or model of the equipment for sale
- Must advertise an asking price for any equipment for sale
- Must provide contact information for interested buyers
- Dimensions of the equipment for sale
- You are welcome to provide ONE picture of your equipment. Image must be a GIF, JPG, or PDF file and no larger than 50 KB
- You are allowed to include any information you feel might be pertinent to the selling of your equipment
- Your posting will be on the NIHCA website for the duration of one month. If you wish to repost at that time, you will be required to resubmit your posting. If you no longer wish to have your posting on the NIHCA website or your equipment has already been purchased, you are required to email info@nihca.org to request your posting be removed. ** Failure to remove your posting could prevent future post opportunities

*** Please note that NIHCA is given editorial power over any posting. If NIHCA feels any posting is inappropriate or any equipment is falsely represented it will not be listed on the website.



Job Postings!!

NIHCA's new website will still allow job postings. NIHCA will charge \$100 for any non-NIHCA member to post an open position on the NIHCA website. All NIHCA members have the ability to **post open positions for free**.

Requirements for a job posting:

- Provide a BRIEF description of the available position
- Posting must be less than 100 words
- Please also include a direct link to your URL for in-depth details and attachments

NIHCA's website posting duration and editorial power is the same as an equipment posting. Postings are allowed for one month or until filled; postings are subject to NIHCA's discretion.

Conference and Webinar Thank You's!

NIHCA would like to thank Michael Scott Scudder for hosting our Winter 2010 Webinar Series. Please make sure that if you have any comments, questions or concerns you let NIHCA know. These webinars are provided to our members free of charge as a value-added—NIHCA wants you to take full

advantage! For us to make sure these webinars are as valuable as possible we need to hear what our members think. Please email info@nihca.org for a webinar evaluation form or to provide any comments. As always NIHCA will keep our members posted on the upcoming webinars and events!

Also, thank you to those that attended the 2010 Spring Conference at Mystic Lake Casino! NIHCA partnered with the Minnesota Recreation and Parks Association to produce a great Spring Conference. We had 180 participants attend the two day conference. All of the speakers were inspirational and educa-

tional. The conference was a huge success and we hope to be able to provide another conference of that magnitude next year! Please also let NIHCA know if you have any comments or suggestions for future conference ideas.

Independently Healthy

Collectively Strong

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New Brighton, MN 55112

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Toll Free: 866-484-9173
Fax: 651-554-9935
Email: info@nihca.org
coord@nihca.org

NIHCA NEWSLETTER WORD FIND

There are 17 words hidden in the puzzle below; each word can be found throughout the newsletter. Complete the word find and mail or fax to NIHCA by June 25th to be registered for a drawing to win a set of resistance bands.

All of the words in this word find reflect new NIHCA happenings. Please make sure that you read each article so that you're up to date on the fitness incentive program as well as all that NIHCA has to offer your fitness center!

If you are chosen as the winner of the word find drawing, NIHCA will contact you at the end of June to determine the best method to receive your prize.

Words to Find:

Bands	News
Equipment	Posting
Estore	Preferred
Facebook	Resistance
Fitness	Sale
Healthy	Twitter
Independently	Vendors
Job	Website
Members	



E N J O B B H E A L T H Y
S P R E F E R R E D A L X
T I W C E G S S E N T I F
O W E N N T V Y Z N V M T
R G I A Q E P E E M E F T
E N Y T T R T D N M G N K
I I U S T S N I B D E O D
O T P I E E A E S M O L P
S S E S P W R G P B F R R
J O Q E H S X I E A E U S
K P D R L Z U C C N E W S
S N U U Y Q A P M D N B V
I U H A E F X Q D S A L E