

"I started purchasing gift cards through the SGS Progressive Fundraising Program last October. The reason behind it was I was spending the money on a regular basis with Save On Foods, Shell, Starbucks, and Blockbuster and it seemed ridiculous that I was spending the money anyways and why not let the gym benefit from this at the same time.

I have to admit the first month was a little difficult as it 'costs' more financially given I was spending my weekly budget and also had to come up with the money to cover a month's worth of groceries, gas, etc ahead of time. But once it was done and I got into a regular routine, it was very easy, and was also a great way for us to earn commitment points for doing nothing but shopping, plus the gym benefits from the money raised. I know when I first started, the 90 points seemed so little and I wondered how much of a benefit it would really be but I was surprised by June how much the 90's had added up, I ended up accumulating close to 500 points! On approximately \$1,200 monthly order that I make, the gym makes over \$500 in the year. Now if that isn't incentive I don't know what is!"

Aug 2008 Laurel Remple, SGS gym parent

P.S. Everyone buys groceries. Let the club benefit!