

Weight Loss & Fitness Challenge!



Fit 4 Life Sponsors:

Healthy Lifestyles
Howell Co Health Dept.
McDonald's
JB' Health Mart
The Firm
Curves for Women
The Civic Center –Fitness

Challenge Information: Feb 4th-April 28th, 2012

- This is a 12 week weight loss / fitness challenge for individuals age 12 and older*
- There will be an official first and last weigh in, measurements taken and optional 5k race at the end of the challenge.*
- Weekly weigh ins are mandatory and can be done any-time during the week at Healthy Lifestyles*
- Cost is \$20 per person*
- Cash and Prizes will be awarded*

- Registration will start January 3rd through the whole month of January at Healthy Lifestyles
- The official Weigh In will be February 4th at Healthy Lifestyles starting at 9 am-3 pm
- There will be an optional 5K race on April 28 at 9 am at People's Park next to the swimming pool in West Plains. Proceeds will go to the local chapter of the Ronald McDonald House to help families with sick children.
- Participants can miss up to 2 weigh-ins during the 12 weeks, if they miss more they can still participate in the challenge but will not be eligible for the prizes
- Participants will be able to keep up with challenge on our Facebook page and via our newsletter that will be accessible online or to pick up at weigh in
- Weekly prizes for weekly weigh in and prizes at workouts will be offered as incentives



GYM ACCESS for only \$10 a month during the 12 week challenge at the following locations thanks to our generous sponsors: **The Firm Fitness Center, Curves for Women and the Fitness Center at the Civic Center!** You will receive a card with your name at the official weigh in that you will need to present when you go to workout at any of these locations!