

## The History of the Fitness Challenge

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The Fitness Challenge was established in 2007 by the Diabetes Association, Inc., Greater Fall River RE-CREATION, Healthy City Fall River, and Fall River YMCA to help combat the prevalence of diabetes in Fall River. Its goal is now to reach the participants that work, live, or attend school in the Greater Fall River Area, including Somerset, Swansea, and Westport

The Challenge helps individuals learn how to eat well, lose weight, get fit, and prevent diabetes by increasing participation in existing programs that encourage people to move to a healthier lifestyle.

The Fitness Challenge helps people find strength in themselves and the people around them through support, advocacy and awareness.



## Our Sponsors

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**EAT WELL**  
**GET FIT**  
**HAVE FUN**  
**WIN BIG**

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**For more information:**

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[www.fallriverfitnesschallenge.com](http://www.fallriverfitnesschallenge.com)

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Fall River Fitness Challenge

## Membership Benefits

Anyone who signs up and weighs in for the Challenge during January, either at the kick-off event the first Saturday in January or at any time during the month of January at Greater Fall River RE-CREATION, 72 Bank Street, gets:

- 1.FREE fitness challenge events in the Greater Fall River Area at participating gym/fitness locations as well as outdoor locations. Each challenge lasts approximately one and a half hours and include a fitness activity and short educational program on topics such as nutrition, stress relief, and balance.
- 2.Weekly e-mail blasts that include fitness and nutrition advice, reminder of events, and highlights from the previous fitness challenges.
- 3.Discounted rate for six-month memberships at the Greater Fall River RE-CREATION Neighborhood Fitness Center.
- 4.Discounts or specialized prizes for fitness classes & gym use at gym/fitness centers in the Greater Fall River Area
- 5.Special team access to events at a small additional cost:
  - a.Providence Stair Climb
  - b.Giunta 5K Race/Walk
  - c.Stomp Out Cancer Walk
  - d.Fitness Challenge Finale

## Some Things We Offer

The Fitness Challenge provides you with opportunities to discover DISCOUNTED or FREE ways to improve your overall health and wellness. We understand that fitness is an important of the big picture, but there are many other elements!

### **Challenges & Other Fitness Endeavors:**

Participants can take advantage of FREE challenges every other week or can attend a Fitness Fusion, Zumba, or Water Aerobics class at a discounted rate.

### **Wellness Education Opportunities:**

Short educational programs about nutrition, stress, or diabetes prevention are available after each free challenge.

### **Health Screenings:**

Free Blood Pressure, Blood Sugar, and Cholesterol Screenings occur two times throughout the Fitness Challenge.



## Frequently Asked Questions

### **How do I identify myself as a Challenge participant?**

Everyone who registers with the Fitness Challenge will be given a key chain to identify themselves as a challenge member at any of the challenge activities. If you should lose your key chain tag, you may obtain a new one from Greater Fall River RE-CREATION for a small replacement fee.

### **Can children be involved in the Fitness Challenge?**

The Fitness Challenge was created for participants age 16 and older. Some of the classes and challenges may be able to accommodate younger children as long as it is approved by the instructor and the child is accompanied by a parent.

### **If I miss the January 31st Fitness Challenge sign-up deadline, may I still participate?**

Anyone can join the Challenge at anytime until the Finale in May! However, those who do not register and weigh-in by the January 31st deadline will not be eligible for the grand prizes. Just remember, you are a winner every time you participate in a fitness activity!