

**Join the challenge
today!**

Join CD REC, Healthy City Fall River,
Diabetes Association Inc., and Fall River
YMCA and take the

Fall River Fitness Challenge!

Challenge yourself to:

- ◆ Get Fit!
- ◆ Stay Healthy!
- ◆ Help prevent Type 2 diabetes!
- ◆ Lose weight!

Sponsored by:



For more information call

508-679-0922

**Get The Help You
Need To Succeed!**

**Free weekly meetings at Diabetes
Association Inc. with:**

- ◆ Registered Dietitians
- ◆ Diabetes Educators
- ◆ Healthcare Professionals

**Membership to CD REC's
Neighborhood Fitness Center**

- ◆ Join for 6 months only \$25!
- ◆ Personal Trainer support available with membership
- ◆ Low Cost Exercise classes

Fun Programs at all locations!

- ◆ Weekly low-impact aerobic classes
- ◆ Weekly high-energy Zumba sessions
- ◆ Weekly sessions with a Personal Trainer
 - ◆ Weekly aerobic classes
 - ◆ Lap swimming
 - ◆ Aqua-aerobic classes

Activities at Fall River YMCA

- ◆ Members of the Challenge will be charged only \$2.00 per classes

Join the Fall River Fitness Challenge!

January 9—May 8, 2010



Sign-up

Saturday, January 9th

CD REC

72 Bank Street

Fall River, MA

10am—2pm

www.fallriverfitnesschallenge.com

What is the Fall River Fitness Challenge?

CD REC, Partners for a Healthier Community, Healthy City Fall River, Diabetes Association (DAI), Children In Balance and the Fall River YMCA are joining together and challenging adults who live or work in Fall River to get fit, healthy, prevent Type 2 diabetes and pledge to collectively lose a ton of weight! (2000 lbs).

Who Can Participate?

The Fall River Fitness Challenge is open to all adults 16 yrs. & older who live or work in Fall River, MA. Join with a buddy, by yourself or form a team! We encourage families to participate!!!

What's the challenge all about?

Fitness participants will gain access to programs and fitness centers throughout the city for little or no cost. Programs will help you learn to eat well, lose weight, get fit, help prevent Type 2 diabetes and win some great prizes!

How does the challenge work?

Join us at our Challenge kick-off on **Saturday**

January 9, 2010

10 AM to 2 PM

at CD REC located at 72 Bank Street, (Veterans Memorial Building), to sign up, weigh-in and learn more about the challenge! There will also be a Health & Wellness Fair during the sign-up time!

How/when do I weigh in?

Weigh in twice a month at CD REC or at a designated location and record your weight loss! Each time you weigh in you will be entered into a raffle to win a prize at the Finale.

How can I win?

Each time you or your team takes advantage of one of the challenge programs, show your fitness challenge wristband to get entrance into the program at a discounted rate! The more times you participate in any of the programs, the better chance you have of winning and staying healthy!

What are the prizes?

Weight loss* winners will win one of the following prizes!

- ◆ Cash Prizes
- ◆ Adult Mountain Bike
- ◆ One year free membership to CD REC Neighborhood Fitness Center
- ◆ One year free membership to the Fall River YMCA
- ◆ More Prizes to come!!!!



***Individual and team weight loss is determined by the individual/team with the greatest percentage of weight loss**

There will be door prizes during the Bi-Weekly Fitness Challenge Days

Watch for special giveaways throughout the challenge!