

# COMMIT TO BE FIT

Sam B. Cook Healthplex

## SPRING WEIGHT LOSS CHALLENGE

Struggling to get in the gym and develop healthy exercise and nutrition habits?  
Get motivated with us! Join our **COMMIT TO BE FIT** Challenge

**\$10/week for 6 weeks! Only \$60 total!**

Our goals are to motivate and encourage you, give you the tools you need to develop healthy nutrition and exercise habits, accountability, and provide challenges to keep you on track.

**KICK-OFF DATE: THURSDAY, APRIL 18 7 a.m. 12 p.m. or 6 p.m. Spots Limited!**

Challenge Features: (choose one of the times above that works best for you)

- Accountability and motivation with weekly weigh-ins
- Exercise and nutrition challenges to motivate and encourage healthy habits
- Pre- and Post- program testing for weight, body fat, and waist circumference
- Education handouts for healthy eating and exercise tips for weight loss
- Receive a **COMMIT TO BE FIT** Sam B. Cook Healthplex T-shirt to Wear
- Prizes for the most % of body fat lost and most % of body weight lost.
- Chance to purchase four 30-minute training sessions and - receive one FREE upon completion of program.

To sign up or for more information,  
stop by the Membership Office or call 632-5634!



Sam B. Cook  
**HEALTHPLEX**  
*Capital Region Medical Center*

**Better. Every day.**