HOLIDAY FITNESS *Challenge*

Earn extra cash when you maintain or reduce your weight during the holidays!
Stay motivated & focused on healthy habits this season!

HOW TO PARTICIPATE:

- Register and pay $5 cash at the Osage Centre Fitness Room Desk ($5 will go in the prize pot).
- Weigh-in at the Osage Fitness Room between November 8-22 & set your personal fitness goal.
- Exercise and eat right!
- Come in for your final weigh-in January 1-10.

HOW TO WIN:

Maintain or lose weight and get a percentage of the cash prize pot (prize will be divided equally among the winners).

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