



*Stay motivated & focused
on healthy habits
this season!*

HOLIDAY FITNESS *challenge*

Earn extra cash when you maintain or reduce your weight during the holidays!

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 11-20 & 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).



**CITY of CAPE
GIRARDEAU**
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