

Holiday Challenge

Maintain, Don't Gain!



1): Weigh in before Nov 21st with Christine or Weight Room Attendant at Osage Centre!

2): Put \$5 in money pot... don't worry you can get it all or even more back!

Bonus! Receive weekly e-mails with tips and motivation to keep off the holiday weight!

3): Weigh in again before January 16th and win \$ if maintain!

Maintain or even lose weight and the money pot is split between the winners!



Average American gains 1-5 lbs over holiday season & keeps it!

Don't let that be you!

Call Christine for Questions: 339.6604



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

573-339-6731

www.cityofcape.org/fitness

cpage@cityofcape.org