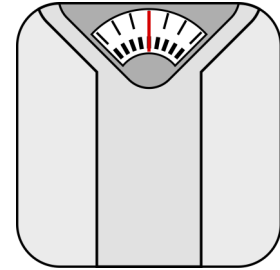




Weight Loss Challenge

Bet on yourself in this weight loss challenge! Put \$30 into the “pot” to bet you will lose 4% of your body weight in 6 weeks. If you lose the 4% of your body weight, you win your \$30 back. If not, the money stays in the pot as a donation to the CRA Fitness Center to buy fitness equipment.

Sign up at the front desk and weigh in by Friday, January 6th



The challenge will begin January 2, 2018. Come into the CRA to officially weigh in with Jennifer or Bryan at the appointment time you scheduled at sign up. Your weight will be kept confidential and only seen by Jennifer or Bryan. The amount you need to lose will be determined by the amount you weigh.

The challenge will end the week ending February 17th at your scheduled day and time. In order to qualify to win your money back, you need to come into the CRA for a final weigh in. If you fail to weigh in, your \$30 goes into the pot for fitness equipment.

We will help you along your journey by sending you weekly emails with nutritional tips, ways to sneak exercise into your day, and the support you need to reach your goal!

If you have any questions, call or email Jennifer McNulty at 684-0260 or jmcnulty@daltoncra.org or Bryan Rudd at bruddfitness@gmail.com



Community Recreation Association, Inc.
400 Main Street
Dalton, MA 01226
413-684-0260

