

HEALTHY LIFESTYLE



## 2018 JRD Individual Weight Loss Challenge

October 1st - December 21st, 2018

**Cost: \$25.00**

**Welcome to the new You!** Besides the overall winner of highest % of body weight lost, a second winner will be chosen based on the most inches lost .In this year's challenge, each participant will 2 **FREE** fitness classes a week during the challenge .There will be an optional fitness test to see pre and post improvements. During this challenge the JRD will be hosting a Turkey Trot that we would love to have you join us for .It is Thanksgiving Day and it will be a 5K run or walk. Overall winner will receive...

- **\$250.00 cash**
- **1 Year Silver Individual Plus JRD membership**
- **A Fitness Tracker**
- **(Winners package valued at \$670.00)**

We will have additional prizes for the male and female that loses the most inches lost.

# NEW CHALLENGE! NEW YOU!