



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMIT TO YOUR HEALTH

HEALTHY LIVING

Maintain Don't Gain - Holiday Fitness Challenge

REIDSVILLE YMCA

Commit to your health this winter with the Maintain Don't Gain—Holiday Fitness Challenge! The average American gains 1 to 5 pounds over the holiday season and usually keeps it! Over time those pounds add up. Give yourself the gift of a healthier lifestyle and maintain your weight.

Program Details

- December 7th - January 17th
- Members \$15 | Potential Members \$20
- Registration includes: T-shirt, access to a private Facebook support group, and weekly program challenges to support you throughout the journey.

Instructions:

- Choose ONE (1) fitness goal. Goals need to be challenging yet attainable in 6 weeks.
- Successfully reach this goal by January 17th & be entered into a drawing for a free 3 month membership.
- Initial weigh in is open from December 7th-13th.
- Weigh-in weekly! If you're maintaining or losing weight you will be entered into a weekly prize drawing.
- Remote weigh in options will be available.

Maintain _____ lbs. by January 18th, 2021

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Questions OR guidance for setting goals: |Meredith.Knowlton@ymcagreensboro.org | 336-637-1351