



3 Ton Healthy Weight Loss Challenge

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1 Community. 8 Weeks. 3 Tons. commit-2-fit.org

January 2nd – February 29th, 2012

The **Commit to Fit! 3-Ton Healthy Weight Loss Challenge** is all about celebrating healthy living and community unity in the New Year. Every year, most of us make a *New Year's Resolution* about our personal health we struggle to keep. In January & February 2012, **Commit to Fit!** will help change that. Men, women, and families throughout Genesee County will unite to accomplish a single cumulative goal – total **3 Tons** of healthy weight loss together in two months. Whether you lose 2 pounds or 10 pounds, we want you to join the community today at www.commit-2-fit.org to help Genesee County meet its **3 Ton** goal. By doing so, you'll become eligible for a number of prizes and other incentives along the way.

CHALLENGE GOAL: Genesee County residents will monitor their individual healthy weight loss with a total community goal of losing 3 tons in 8 weeks!

HOW IT WORKS:

- Monitor your weight in the New Year!
- Sign up by visiting the "My Challenges" page on commit-2-fit.org starting December 16th
- Enter your initial weight into the Weight Tracker on www.commit-2-fit.org between January 2nd – January 14th
- Update your weight as frequently as possible on commit-2-fit.org – weekly is ideal!
- Those who enter a new weight each week of the challenge will be entered into weekly prize raffles!
- Participate in free community-wide *Commit to Fit!* fitness & nutrition classes each week to qualify for incentives and work with others building a healthy lifestyle!
- Enter your final weight between February 27th – March 7th to contribute to the community's 3 Ton healthy weight loss goal!
- Direct any questions or requests by emailing commit2fit@flint.org

CHALLENGE INCENTIVES:

- Participants who enter a base weight by January 14th and a final weight between February 27th – March 7th will be entered into a participation raffle for \$1,000 in cash incentives [one \$500 and five \$100 cash participation prizes]
- Each participant that loses a challenge total of 3 or more pounds will be entered into an additional raffle for another \$1,000 in cash incentives [one \$500 and five \$100 cash incentive prizes]
- Participants that enter their weight each week in the commit-2-fit.org Weight Tracker will be entered into a raffle for memberships to Genesys Athletic Club, Hurley Health & Fitness Center, and the UM-Flint Recreation Center!
- Participation in three *Commit to Fit! 3 Ton Challenge* fitness and nutrition classes will lead to five punches on your *Commit to Fit! Fit Club Card*. All those who meet this goal will receive a *Commit to Fit!* re-usable tote / grocery bag and a \$5 gift card to the Flint Farmers' Market.
- All participants who join receive a special challenge participant wristband

FREE, FUN, & HEALTHY WEEKLY FITNESS & NUTRITION CLASSES:

- See the full calendar of 10 different *Commit to Fit! 3 Ton Challenge* fitness and nutrition classes open to all participants at no cost – SEE REVERSE SIDE FOR DETAILS
- Pick up a **Commit to Fit! Fit Club Card** today by visiting a live community weigh-in or by emailing commit2fit@flint.org.
 - By participating in fitness and nutrition classes you'll be rewarded with *Fit Club Card* punches that lead to a number of incentives.

**WHAT DO YOU HAVE TO LOSE?
(BESIDES A FEW EXTRA POUNDS)**

JOIN THE MOVEMENT BY JANUARY 14TH – www.commit-2-fit.org



3-Ton Healthy Weight Loss Challenge Calendar of Fitness Events



To facilitate healthy weight loss and improved health behaviors in the New Year, *Commit to Fit!* is sponsoring 10 community events around physical activity and nutrition – these are designed to assist you in reaching a healthy weight goal and helping you to lead a healthier, happier life.

All events and classes listed below are free-of-charge to all individuals who have registered for the challenge, and participation will be rewarded. Individuals who attend at least 3 events and track their attendance via the *Commit to Fit!* Fit Club Card will receive the following incentives:

- *Commit to Fit!* Reusable Tote/Grocery Bag;
- \$5 Gift Certificate to the Flint Farmers’ Market.

These free classes and events are generously provided in partnership with the University of Michigan – Flint, Hurley Health & Fitness Center, Genesys Athletic Club, and Michigan State University Extension.

DATE & TIME	LOCATION	FOCUS OF EVENT / CLASS
Tuesday, January 10 th 5:30 p.m. – 6:30 p.m.	UM - Flint Recreation Center* (Downtown Flint, address below)	Nutrition – Daily Diet <i>Incorporating Fruits and Vegetables in Fun Ways</i>
Wednesday, January 11 th 5:30 p.m. – 6:30 p.m.	UM - Flint Recreation Center* (Downtown Flint, address below)	Physical Activity – Bands <i>Light Strength Training in a Simple Way</i>
Tuesday, January 17 th 5:15 p.m. – 6:00 p.m.	UM - Flint Recreation Center* (Downtown Flint, address below)	Physical Activity – Zumba <i>Light Aerobics: Quit the Workout, Join the Party</i>
Tuesday, January 17 th 6:00 p.m. – 6:45 p.m.	UM - Flint Recreation Center* (Downtown Flint, address below)	Physical Activity – Zumba <i>Light Aerobics: Quit the Workout, Join the Party</i>
Tuesday, January 24 th 5:30 p.m. – 6:30 p.m.	Riverfront Banquet Center (Downtown Flint, address below)	Nutrition – Daily Diet <i>Incorporating Fruits and Vegetables in Fun Ways</i>
Wednesday, January 25 th 5:30 p.m. – 6:30 p.m.	Riverfront Banquet Center (Downtown Flint, address below)	Physical Activity – Bands <i>Light Strength Training in a Simple Way</i>
Wednesday, February 1 st 5:30 p.m. – 6:30 p.m.	Riverfront Banquet Center (Downtown Flint, address below)	Physical Activity – Zumba <i>Light Aerobics: Quit the Workout, Join the Party</i>
Wednesday, February 8 th 5:30 p.m. – 6:30 p.m.	Riverfront Banquet Center (Downtown Flint, address below)	Physical Activity – Bands <i>Light Strength Training in a Simple Way</i>
Wednesday, February 15 th 5:30 p.m. – 6:30 p.m.	Riverfront Banquet Center (Downtown Flint, address below)	Physical Activity – Zumba <i>Light Aerobics: Quit the Workout, Join the Party</i>
Wednesday, February 22 nd 5:30 p.m. – 6:30 p.m.	Riverfront Banquet Center (Downtown Flint, address below)	Physical Activity – Bands <i>Light Strength Training in a Simple Way</i>

**DRESS FOR FUN AND PHYSICAL ACTIVITY – YOU ARE
ENCOURAGED TO BRING A TOWEL, PLENTY OF WATER, AND FRIENDS!**

NOTE: The address for the 2 class/event locations are shown below. Parking will be provided at each location. If you have any questions or would like directions, please email commit2fit@flint.org.

**Riverfront Banquet Center
1 Riverfront Center West
Flint, MI 48502**

**University of Flint – Michigan Recreation Center
303 E. Kearsley St.
Flint, MI 48502**

For events held at this location, the class size will be limited to 25 people and will be “first come first serve” so please be prompt