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

**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.

**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

**WHAT DO YOU HAVE TO LOSE? (BESIDES A FEW EXTRA POUNDS)**
JOIN THE MOVEMENT BY JANUARY 14TH – www.commit-2-fit.org
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.

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>LOCATION</th>
<th>FOCUS OF EVENT / CLASS</th>
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<tbody>
<tr>
<td>Tuesday, January 10th 5:30 p.m. – 6:30 p.m.</td>
<td>UM - Flint Recreation Center* (Downtown Flint, address below)</td>
<td>Nutrition – Daily Diet Incorporating Fruits and Vegetables in Fun Ways</td>
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<tr>
<td>Wednesday, January 11th 5:30 p.m. – 6:30 p.m.</td>
<td>UM - Flint Recreation Center* (Downtown Flint, address below)</td>
<td>Physical Activity – Bands Light Strength Training in a Simple Way</td>
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<tr>
<td>Tuesday, January 17th 5:15 p.m. – 6:00 p.m.</td>
<td>UM - Flint Recreation Center* (Downtown Flint, address below)</td>
<td>Physical Activity – Zumba Light Aerobics: Quit the Workout, Join the Party</td>
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<tr>
<td>Tuesday, January 17th 6:00 p.m. – 6:45 p.m.</td>
<td>UM - Flint Recreation Center* (Downtown Flint, address below)</td>
<td>Physical Activity – Zumba Light Aerobics: Quit the Workout, Join the Party</td>
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<tr>
<td>Tuesday, January 24th 5:30 p.m. – 6:30 p.m.</td>
<td>Riverfront Banquet Center (Downtown Flint, address below)</td>
<td>Nutrition – Daily Diet Incorporating Fruits and Vegetables in Fun Ways</td>
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<td>Wednesday, January 25th 5:30 p.m. – 6:30 p.m.</td>
<td>Riverfront Banquet Center (Downtown Flint, address below)</td>
<td>Physical Activity – Bands Light Strength Training in a Simple Way</td>
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<td>Wednesday, February 1st 5:30 p.m. – 6:30 p.m.</td>
<td>Riverfront Banquet Center (Downtown Flint, address below)</td>
<td>Physical Activity – Zumba Light Aerobics: Quit the Workout, Join the Party</td>
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<tr>
<td>Wednesday, February 8th 5:30 p.m. – 6:30 p.m.</td>
<td>Riverfront Banquet Center (Downtown Flint, address below)</td>
<td>Physical Activity – Bands Light Strength Training in a Simple Way</td>
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<tr>
<td>Wednesday, February 15th 5:30 p.m. – 6:30 p.m.</td>
<td>Riverfront Banquet Center (Downtown Flint, address below)</td>
<td>Physical Activity – Zumba Light Aerobics: Quit the Workout, Join the Party</td>
</tr>
<tr>
<td>Wednesday, February 22nd 5:30 p.m. – 6:30 p.m.</td>
<td>Riverfront Banquet Center (Downtown Flint, address below)</td>
<td>Physical Activity – Bands Light Strength Training in a Simple Way</td>
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**DRESS FOR FUN AND PHYSICAL ACTIVITY – YOU ARE ENCOURAGED TO BRING A TOWEL, PLENTY OF WATER, AND FRIENDS!**

*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*