

*Coming Soon!*

# NEW BODY CHALLENGE

## BETTER HEALTH, BETTER LIFE

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MEETING: JANUARY 23RD AT NOON OR 4:00 P.M.

PLACE: 5TH FLOOR OF THE REC/IM

BEGINS: JANUARY 28TH, 2008

ENDS: APRIL 11TH

\* NO ACTIVITIES DURING SPRING BREAK.

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## IMPROVE FIVE COMPONENTS OF YOUR HEALTH

LEARN MORE ABOUT STRENGTH AND CARDIOVASCULAR TRAINING AND ENJOY WORKSHOPS ON BODY COMPOSITION AND NUTRITION.

EVERYONE IS TEAMED UP WITH A FITNESS MENTOR.

SET YOUR OWN GOALS AND A TEAM LEADER WILL BE THERE FOR SUPPORT.  
THE PROGRAM COSTS \$25, BUT YOU WILL WIN YOUR MONEY  
BACK WHEN YOU REACH YOUR GOALS!

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FOR MORE INFORMATION CONTACT:

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