

gethealthy DeSoto



Kickoff & Weigh-In: 1/7/16 Time: 5-7:30 pm

11th Annual

Final Weigh-In: 3/16/16 Time: 5:30-7:00 pm

Better Body Challenge

A 10 week weight loss and healthy lifestyle competition.

Start the new year off right.

Be a positive role model in our community!

Other weigh-in dates :

1/21, 2/4, 2/18, 3/3



Final Weigh In: 3/16/16

De Soto Community Center

400 Boyd Street

Sponsored by:

gethealthy  DeSoto

Entry fee of \$25 includes:

- BBC commemorative T-shirt
- 5 consistently monitored weigh-ins to help you track your progress
- Weigh-ins 5:30-7:00 p.m.
- Group Workout 6:15-7:00p.m. on Thursdays
- Weekly walk sessions on Wednesdays (H.S. track east end)
- One on One Health Coach Opportunity
- Nutrition and Workout Plans available
- The help and support you need to make healthy life choices!
- A cash prize for 1st place male and female who has the greatest percentage of weight loss.

Register today! call Debby at 636-586-4570