

The Cheyenne County Community Center and
Memorial Health Center present the

Get Fit & Stay Fit

2012 Weight Loss Challenge

Make this the year
you commit to
Get Fit!



The *Get Fit & Stay Fit Challenge* is a weight loss competition designed to encourage weight loss and a healthy lifestyle. Promoting changes that will lead to lasting personal weight management.

- The challenge starts January 12, and ends April 16, 2012.
- Winners will be announced at the Cheyenne County Health & Wellness Fair on April 21, 2012.
- Registration Forms are available at MHC, CCCC, and area businesses.
- Winners are determined from the greatest percentage of weight lost.
- QUESTIONS? Contact Kiersten at the Cheyenne County Community Center at 308.254.7000, or email kierstenrichards@gmail.com
- Like us on Facebook: **Get Fit**