



The challenge runs from
August 31 – November 22

Down 5

PHASE IV.

A 12-week fitness challenge to lose at least 5% of your body weight!*

Here is what you get:

*According to the CDC, losing just 5-10% of your body weight can improve blood pressure, blood glucose, and cholesterol.

- **FREE** health screenings, including height, weight, body measurements, body fat percentage, blood pressure, fasting glucose, and total cholesterol!
- **FREE** admission to *Zumba by Emily Hayes*- a rhythmic cardio class with fun, upbeat music... where you can “Ditch the Workout and Join the Party”!
- **FREE** access to *Emily’s Extreme FitCamp*- an intense cardio class for those wanting to burn serious calories!
- **FREE** *Smart Bites* nutrition & personal fitness class sessions!

Everyone who loses at least 5% of their body weight by the end of the 12 weeks will be entered into a drawing to win a \$100 gift card! There will be FIVE winners drawn!

There are other opportunities to win!

Earn points & qualify for other prizes by:

- ✓ Attending *Zumba* classes
- ✓ Attending *FitCamp* sessions
- ✓ Coming to *Smart Bites* classes
- ✓ Participating in other forms of exercise
- ✓ Keeping a *Food & Fitness* journal
- ✓ Joining online social media challenges

A complete packet of information will be provided during the initial health screening.

Please Note

All pre-program health screenings will be conducted on Monday, August 17 or Tuesday, August 18, with the exception of bloodwork. Participants must also be able to drop by the Extension Office on Saturday, August 22 between 9 am and 12 noon to have blood drawn. You must be fasting for the screening on August 22.

WHO CAN PARTICIPATE?

Anyone who lives, works, or worships in Haywood County!
Previous *Down 5* participants are welcome in this challenge- as long as you met all requirements of the program in the past, including participation in all health screenings!

ONLY 60 SPOTS ARE AVAILABLE!

Registration will begin FRIDAY, AUGUST 14 at 8 am!

Call Tennille at **772-2861** to register and schedule your health screening. Registration will be accepted by phone until all slots have been filled.

BLOODWORK HANDLED BY STANTON HEALTH CENTER. FITNESS COURSES ARE PROVIDED BY THE COMMUNITY COALITIONS FOR CHANGE (C3).