



# GET MOVING MAGAZINE

## 6 Month Health and Fitness Challenge

Need help getting that fitness routine started? Want to get moving but don't know where to begin? Well, it's time to get moving Magazine and join us for this 6-month health and wellness challenge!

Program will include:

- 6 health and wellness lectures
- 6 exercise demonstrations
- Weekly weigh-ins
- Healthy food demonstrations
- 5k walk/run

Participants of all ages and exercise levels are welcome. The cost is \$5 per person. Participants will have opportunities to win monthly prizes and an overall prize will be given away at the end of the program.

Join us...

- February 10<sup>th</sup> @ 5:30 (Program Kick-off)
- March 3<sup>rd</sup>
- April 7<sup>th</sup>
- May 5<sup>th</sup>
- June 2<sup>nd</sup>
- July 7<sup>th</sup>

Interested? Contact Brandon (502-235-2555) or Tiffney (502-345-1654)

**KICKS OFF FEB. 10  
AT 5:30 P.M.**

**HEALTH AND  
FITNESS  
CHALLENGE**

**ONLY \$5 TO JOIN**

**OPPORTUNITIES TO  
WIN PRIZES**

**EAT RIGHT,  
EXERCISE, HAVE  
FUN**

**MAGAZINE ST. SDA  
CHURCH**

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In partnership with  
HowardPower Fitness