



# COMMIT TO BE FIT *in 2020*

## **FITNESS**

Over-eat during the holidays? Trying to get in shape for the bikini or swim trunks? Ready for a healthier year? Start the New Year off right by joining the RAC in “Commit to be Fit”!

The 8-week program will start  
**January 13th and end March 9th.**

### **TO PARTICIPATE**

- Sign up in advance for discounted In-Body (\$10 per In-Body) at the fitness desk
- Initial InBody must be done between January 7th and January 13th.
- Final InBody must be done **by March 11th**
- Every member who completes the challenge including both In-Bodies receive 500 Perkville points.
- The two men and women with most significant body composition (body fat lost, muscle mass gained, weight lost) improvements will receive high value prizes!
- Must be 13 years or older to participate

*BE FIT. BE FAMILY. BE WELL.*

