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## 2013 Team Fitness Challenge

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DECEMBER 28TH 2012 BY DEE LOFLIN

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Written by  
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**Dexter, Missouri** - Ready to lose those unwanted pounds? Perhaps you gained just a few pounds over the holidays. The Regional Healthcare Foundation announces the 2013 Team Fitness Challenge which will run from 1/10/2013 - 5/10/13. Sign up dates are January 10th, 17th and 24th.

The Challenge will be made of teams of 4 and you must have each participant's name when you sign up. Team members will weigh in every Thursday between 7:30 am - 5:30 pm; however team members do not have to weigh in at the same time on each Thursday.

Prizes:

1st Place Team \$1,000

2nd Place Team \$500

3rd Place Team \$250

The individual who loses the most pounds wins \$250. There will also be weekly drawings for prizes. Handouts with health information are also distributed weekly.

The Regional Healthcare Foundation does not promote any diet plan or regiment. The challenge is designed to provide encouragement and accountability for weight loss in an enjoyable format for the community.

The Regional Healthcare Foundation programs are based on a vision of healthy people living in healthy communities.

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