

Community



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Weight Loss Challenge is Back!

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Weight Loss Challenge is Back!

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Dexter, Missouri - Have you made your New Year's Resolution yet? It's time for the 2014 Team Fitness Challenge hosted by the Regional Healthcare Foundation on Grant Street in Dexter.

The Challenge will begin on Wednesday, January 8th. Sign up days will be January 8th, 15th and 22nd. Get three of your co-workers or friends to join you. Come up with a coll team name and begin your weight loss an you might just win \$1000. Either way it's a win win for you!

Teams of 4 will compete to lose the greatest percentage of weight. Last year everyone weighed in on Thursdays, this year the weigh in day is WEDNESDAY from 7:30 p.m. to 5:30 p.m. each week.

1st place winners winners will receive \$1000! Second place team will receive \$500 and 3rd place team will receive \$250. There will also be an individual prize of \$250 for the one person who loses the most pounds.

It's time to get your team together and lose weight. This is your year!

If you have questions contact the Regional Healthcare Foundation at

<https://showmetimes.com/Blogpost/uqe3/Weight-Loss-Challenge-is-Back>

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