

Features



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Dexter, Missouri - The Regional Healthcare Foundation will once again sponsor the “TRI” Team Fitness Challenge!

The first Fitness Challenge began in 2007 and has been a very popular event within the community. This is the 12th year for the annual weight loss tradition!

Many people enjoy the holidays and all the fine dining and special treats knowing they will get serious about losing those extra holiday pounds by participating in the Fitness Challenge! There are many, many success stories from people who have improved their health and found a better of quality of life by following their regiment used for the challenge in their daily life after the challenge.

The main focus of people who participate is to improve their health. People are very conscious that diabetes, heart disease/high blood pressure are on the rise for our population. The Fitness Challenge offers weekly accountability for weight loss. Team support serves as reinforcement for shedding pounds.

Each week handouts will be provided about health and nutrition. Blood pressure checks will be made at the beginning of the Challenge and then at the end of the Challenge for comparison.

The 2019“TRI” Team Fitness Challenge begins Wednesday January 9 and continues until Wednesday April 25th.

Teams may sign up for the Challenge on January 9, January 16 and January 23.

The teams will consist of 3 people. Teams must have a team name selected before signing up.

Individuals who do not have a team may sign up. Individuals will be combined in teams of 3.

Weekly charts for the “Tri” Team Fitness Challenge will be available to show the progress of each team. Charts will list team names and the percentage of weight loss for the team.

Weights are completely confidential.

Prizes For Fitness Challenge:

Prizes are based on the greatest percentage of weight loss of the team.

- 1st Place Team - \$1,000
- 2nd Place Team - \$500
- 3rd Place Team - \$250

There will be a \$250 cash prize for the individual who loses the greatest number of pounds.

Participants weigh in weekly on Wednesdays from 7:30 a.m. until 5:30 p.m. Team members are not required to weigh in at the same time of day.

For additional information, please call the Regional Healthcare Foundation at 573-624-1607

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