

# GET HEALTHY. GET LEAN. EARN GREEN!

## ABOUT THE CHALLENGE:

Are you looking to lose weight and earn some great prizes in the process? Take your chance and join the Bloomsburg Area YMCA's third GET HEALTHY fitness challenge today!

Whether or not you are a YMCA member, you can get in on this **Summer Shape-Up Challenge** for **\$25 per person (\$100 per team)**!

### Initial Meeting & Start Date:

Monday, June 4th at 7PM

### Final Weigh-in:

Monday, July 30th

### Price to Participate:

\$25 per person (**WAS \$35!**)

SUMMER  
**SHAPE-UP**  
CHALLENGE!



## TEAM UP TO WIN!

For this challenge, participants will compete in **teams of four** to win fabulous prizes! If you don't have a full team yet, comment on our Facebook event to meet someone new!

The Y's here to help you out, too! We offer nutrition advice from our dietician Sarah Dayton, before & after photos to track your progress, and support throughout the contest in a Facebook group!

Our fitness facilities and aerobics classes are free for member use and \$5 per day for nonmembers!

Results are based on teams' average weight loss percentages. Check in at the Y to see where your team stands in the weight loss totals!

## FIRST PLACE TEAM PRIZES:

Each member of the first-place team will receive:

- One 60-minute Massage by Janine Hall
- One 60-minute Float from Art of Floating
- An UnderArmor Duffelbag
- **HALF THE POT** (split among all four members!)

Join us **Monday, June 4th at 7PM** for our initial meeting!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BLOOMSBURG AREA YMCA**

30 East 7th Street • Bloomsburg, PA 17815

570.784.0188 • [www.bloomsburgymca.org](http://www.bloomsburgymca.org)

[Facebook.com/bloomsburgymca](https://www.facebook.com/bloomsburgymca)



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## REGISTER YOUR TEAM TODAY!

You must enter all information for each participant before submitting your team's entry form to the Bloomsburg Area YMCA.

**Team Name:** \_\_\_\_\_

### PARTICIPANT 1

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

### PARTICIPANT 2

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

### PARTICIPANT 3

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

### PARTICIPANT 4

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

**Be sure that ALL PARTICIPANTS can make it to our initial meeting and weigh-in at the Y on Monday, June 4th at 7PM!**

### BLOOMSBURG AREA YMCA

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