

Drop It Like It's Hot 2011

Need Motivation to Get Fit and Lose Weight?

January 10th - March 4th

Sign up for "Drop It Like It's Hot"

An 8 week team weight loss challenge!

Form teams of 3 - 5 members and work together to drop it like it's hot!

Weigh in each week to track your progress as a team.

Participate in weekly exercise challenges to earn points.

Receive motivational emails with weight loss tips.

The top three teams to earn the most points will **win cash prizes!**

Entry into the program is \$10 per person
and will go toward the grand prize.



Open to all tenants of Fifth Street Towers

Discounted fitness center memberships available to non-members for duration of the program

Contact 612 - 313 - 7403 or afeder@advantagehealth.com by January 7th, 2011 to sign up!

