



Maintain Don't Gain

Join our Fitness Challenge and Stay Fit over the Holiday's

Sign-up for your initial weigh-in online or at the front desk
Cost is \$7/members, \$10/non-member resident, \$12/non-member/non-resident

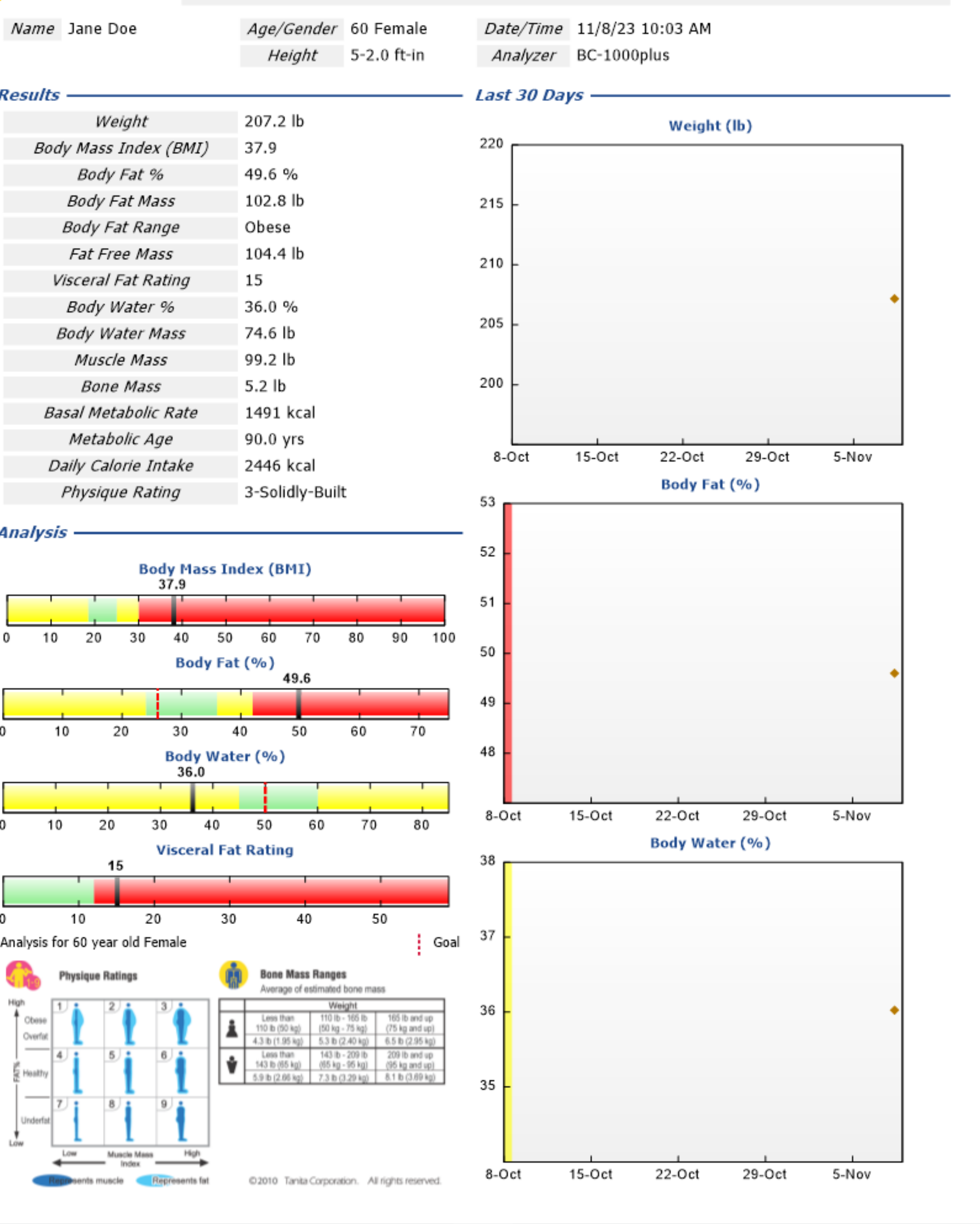
Questions email:
wendy@southdavisrecreation.com



[https://sdrd.activityreg.com/
selectactivity_t2.wcs](https://sdrd.activityreg.com/selectactivity_t2.wcs)

Healthy Edge Scale Printout

This is what you will receive upon weigh-in. This has lots of helpful information to help you maintain your weight during the holidays.



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6 week Health and Fitness Challenge

Maintain your weight From Thanksgiving to
New Years (Give or take 2 pounds)

Initial Weigh-ins from November 13th to
22nd.

Final weigh-in will be between January 2nd-
January 6th.

Cost \$7/member \$10/ non-member-
Resident, \$12non- resident-non-member
Included: Healthy Edge plus initial and final
Scale measurements.

Successful Participants will be entered into
a raffle to win a
3-month extension on their current
membership

We will also have a few other smaller prizes.

