



Lean in '19

60-DAY BODY COMPOSITION CHALLENGE

FREE

Adult DoD ID Card holders
Individuals & teams of 2-4

NEW

Come in your workout gear to the Fitness Center for the 30 minute orientation to get registered between January 2 and 14. You will have 60-days from that point to lose weight, inches and overall body fat.

Prizes for individuals and squadrons that lose the largest body fat percentage.

Biweekly weigh-in and weekly results are posted to track your progress.

The Fitness Center is teaming up with Health Promotions in order to give you the most amount of support possible.

- Bod Pod
- Nutrition Classes
- Equipment/Exercise Orientation
- Resource Packet
- Personal Trainer Special for all participants (60-days) with two for the price of one (optional) (fees apply)



Call the Fitness Center at 247-2791 or visit fairchildfun.com for more details!