

LEHB 12 Week Fitness Challenge

How much body fat can you lose in 12 weeks?

This team challenge has many options and resources available:

- Ultrasound body fat analysis (At the beginning, middle and end)
- Access to a personalized fitness app
- Access to a private team Facebook page with weekly challenges
- Personalized exercise and fitness plans from a personal trainer
- The option of working out at a location that is convenient for you (including your home!)
- Opportunities to earn points individually and as a team
- Chances to win up to \$500!

LIMITED SPACE!

REGISTRATION ENDS MAY 4TH

Please call LEHB (215-763-8290): Kate (217), Ali (262) or Phyllis (220) to sign up or click the “Join LEHB Fitness Challenge” link under “12 Week Fitness Challenge”