B Fit 4 Life Fitness Challenge 2015

Join Lake Health to battle other local teams

The B Fit 4 Life Fitness Challenge is a team fitness challenge involving Lake Health and other local teams. We will be facing off with a variety of monthly activities such as Hunger Games Archery, Hiking, Snow Shoeing, Pilates Mat, Tai Chi and much more!

We are looking for you!

Each team will consist of up to 10-20 team members

Not athletic?

That's OK!

Participation is the goal! The more you participate, the higher points we receive as a team. You can't be too fast or too slow, or too old or too young!

When?

B Fit 4 Life Fitness Challenge begins January 1, 2015 and crosses the finish line on April 30, 2015.

How to Join

Come to an informational meeting at TriPoint Medical Center-7580 Auburn Road, Concord Twp., Physicians Pavilion, Lubrizol Conference Room #3- September 25, 2014, 4:00 PM RSVP Sharon Minjares
(440) 350-4512
or
Sharon.Minjares@lakehealth.org by September 25!

Remember teams consist of 10-20 members so hurry and reserve your spot! All entries must be made before October 31, 2014.

The B Fit 4 Life Fitness Challenge is brought to you by B Fit 4 Life and its partners: Lake Health, Lake County Y, Lake Metroparks, and the Lake County General Health District