



B Fit 4 Life Corporate Challenge 2012

**Lake County YMCA/Lake Metroparks
Lake Health/Lake County General Health District**

Are you interested in staying active over the winter for a 5 month initiative beginning January 1, 2012 through May 31, 2012?

The B Fit 4 Life Corporate Challenge is a team fitness challenge and the goal of the team will be to accumulate the maximum number of participation points throughout the challenge. Activities will consist of a variety of monthly activities such as a walking, lap swimming, dodge ball, Zumba, trail run/walk, obstacle course, corn hole, air mattress water relay, Boot Camp, cycling and much more!

Entry fee is \$20 and covers the cost of most activities/events and includes a pedometer, free on-line access to a Registered Dietician, and a 2012 B Fit Challenge T-Shirt.

If this sounds interesting and you would like to be part of a team or for more information please contact Traci Salkiewicz at ext 2770.