

THE LAKES AREA TEAM CHALLENGE STARTS IN LESS THAN A MONTH!

ARE YOU READY TO SET IN MOTION A HEALTHIER LIFESTYLE?



GATHER YOUR FAMILY, FRIENDS, AND CO-WORKERS
FOR 8 WEEKS OF FUN TO JUMP START A HEALTHY LIFESTYLE
THROUGH EDUCATION, NUTRITION & FITNESS

**JOIN US FOR THE KICK-OFF EVENT
JANUARY 12, 2010 – WESTGATE MALL
11-1pm and 4-6pm**

REGISTRATION FORMS COMING SOON TO WWW.UNITEDWAYNOW.ORG

GYM MEMBERSHIPS ★ FITNESS & EDUCATION CLASSES ★ PRIZES

Your team can earn points and win by getting moving, learning, eating well, and losing weight!
A donation of only \$25 to participate for the entire eight weeks!

SPONSORED BY

United Way of Crow Wing & Southern Cass Counties
The Shake Stop, Fitquest Athletic Club, Amplify Life, CTC, Brainerd Family YMCA, Lakes Printing,
Snap Fitness, Anytime Fitness, Hallett Center of Crosby, Juice Plus

LIVE UNITED™ 