

New Bedford Fitness Challenge 2015 is coming!



This New Year join the New Bedford Fitness Challenge – a fun, low-cost way to get fit, lose weight, and compete for some great prizes! Get fit, have fun and feel fabulous.

The New Bedford Fitness Challenge kicks off Saturday, January 17, 12-3pm at the Andrea McCoy Recreation Center at 181 Hillman St. and finishes with a Final Celebration and Award Ceremony on March 28, 2015 at the YMCA New Bedford. Awards will be given for Best Attendance and Most Weight lost.

Each week participants will have access to free and low-cost fitness classes, such as Zumba and Tai-Chi, as well as free cooking demonstrations and access to physicians and nutritionists to answer questions about healthy eating and active living. Monthly weigh-ins will help participants track their progress.

Individuals or teams (from 2 – 10 people max) can participate for a onetime fee of \$5 per person. Participants must either

work, live or attend school in New Bedford. Worksites are also welcome to sign up for the team competition. You must register by January 31, 2015 to be eligible for awards.

“Many organizations, businesses, and individuals have been working hard to boost health and wellness in the city, so it’s great that all of these organizations are coming together to organize a fitness challenge, offering a calendar of events and a bunch of prizes to get people motivated to lose weight!” says.....

The Southcoast YMCA, Mass in Motion, South Coast Hospitals, UMass Dartmouth, the City of New Bedford Parks Recreation & Beaches, Carabiner’s Climbing and Fitness and others are modeling the New Bedford Fitness Challenge after the successful Fall River Fitness Challenge.

Make this your most successful resolution to be fit ever by joining in on the fun with the New Bedford Fitness Challenge. For more information visit the Facebook page at [Facebook.com/fitnesschallengeNB](https://www.facebook.com/fitnesschallengeNB) or contact the fitness challenge at infoPRB@newbedford-ma.gov.
