



FITNESS CHALLENGE:

CRUSH YOUR GOALS!

Join our exciting Fitness Challenge and embark on a journey to transform your body and improve your health. Whether you're a beginner or a fitness enthusiast, this challenge is perfect!

**Top three most improved
body composition earn
prizes!**



**FREE OF
CHARGE**

Start Date : October 6-10th

End Date : December 8-12th

Duration : 10 weeks

Contact : HealthFitness@nisqually-nsn.gov

