



Come Register for the FREE 19-Week Fitness Challenge

Who: Adults and Children

When: After September 19th

Where: Any Fit Solution Event (contact below for updates)

BlogSite: www.FitnessChallengeMD.com

Website: www.FitSolution.org/fit.html

For more information contact Yusef R. Battle, ACSM RCEP at (240) 994-5268 or info@FitSolution.org

Join the Challenge

Partners and Sponsors



U.S. Department of Health and Human Services, Office on Women's Health



Grant funding provided by:

For residents in:

- Maryland,
- Virginia and Washington DC



Team & Individual Prizes

- Spa Package • Dinner Packages
- Fitness Equipment • Auto Services
- Gym Memberships • Hotel Stays
- Much More!

Must come Pre Fitness Text and complete (3) online surveys to be eligible

Complete surveys between August 1st and 30th to be eligible to win FREE breakfast, lunch and dinner for 19-Weeks from Diet-to-Go!!

- Each challenger must pick 2 to 8 official teammates
- Weekly fitness tips and strategies
- Fitness/Nutrition Blog
- Ask the Expert Exercise Physiologist and Registered Dietitian
- Pre Fitness Testing includes: Height, Weight, Body Fat Analysis, BMI, and Hip-to-Waist Ratio