Spring into Fitness
5 in 5 Challenge!

What is it?
- The Spring into Fitness Weight Loss Challenge is a 5-week program to provide you with tools to start an exercise regimen or to offer new challenges for current routines. The goal of the program is to help you lose 1lb per week with fun weekly challenges, motivation and resources.
- Not into losing weight? We can help you no matter what your health and fitness goals are!

What do I need to do?
- Sign up with Wellness Center staff
- Complete an initial weigh-in and a final weigh-in (weekly weigh-ins are optional)
- Complete optional weekly challenges to keep your routine fresh and fun!

Sign me up!
- Fill out an enrollment form at the Wellness Center from January 19th to the 22nd.

Sign-ups and Assessments: Jan. 19 to Jan. 22
Weight Loss Challenge: Jan. 25 to Feb. 26
Post-Assessments: Feb. 29 to Mar. 4

The Wellness Center is located in the Public Safety Training Complex on the east side of campus.

For more information:
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