



2016 FITNESS CHALLENGE IS COMING!

Forgotten Coast
Fitness Center
will offer a special
discount rate for
Fitness Challenge
Participants!



Keep this New Year's Healthy Resolution!

FITNESS CHALLENGE INFO:

- Registration week is February 1st—5th
- The program will run for 12 Weeks.
- The cost is \$15 per participant.
- Results are based on **percentage of weight loss** so that it is fair for all!
- There will be a **weigh-in every 3 weeks** to keep everyone motivated.

You MUST register the week of February 1st—5th to participate in the challenge.

1st place winner will take home 50% of participant fees,

2nd place-30%

3rd place-20%

Workout on your own or coordinate with a group.



Registration and Weigh-ins will be held at both
Florida Department of Health locations in Franklin County :

APALACHICOLA :

139 12th Street, Apalachicola, FL 32320

8:00 AM - 5:00 PM EST

Ask for Alma Pugh, 850-653-2111 x 102

Or Talitha Robinson, x 133

Feb 1-5: Registration/Initial Weigh-in

Feb 24-25: 3 week weigh-in

Mar 16-17 3 week weigh-in

April 6-7: 3 week weigh-in

April 29: Final weigh-in

CARRABELLE:

106 NE 5th Street, Carrabelle, FL 32322

Wednesday—8:00 AM - 5:00 PM CT

3rd Tuesday of each month—8:00 AM –5:00PM

Ask for Lisa Hogan, 850-697-4121

Feb 1-5: Registration/Initial Weigh-in

Feb 24: 3 week weigh-in

Mar 16: 3 week weigh-in

April 6: 3 week weigh-in

April 29: Final weigh-in

The event is brought to you by the Franklin County Community Health Improvement Partners. "Like" the Facebook page to stay informed: <https://www.facebook.com/C.H.I.PofFRANKLINCOUNTY>