

## Richmond Get Fit! Challenge

### Be Richmond's Biggest Loser

SpotlightRichmond.com invites you to join the Richmond Get Fit! Challenge. Give yourself the gift of good health in 2007. Make it your goal to become Richmond's Biggest Loser. We will provide excellent health and nutrition information, great prizes and lots of local, practical support... all free! We want to encourage you to take care of yourself- to make health and wellness a priority for 2007 and beyond. We'll make it simple and fun. We hope you'll take the "Challenge" . You're worth it!

What you need to do:

1. Register for the Richmond Get Fit! Challenge by completing this short form. The Challenge dates are January 8 to March 5...so register today.
2. Make the decision - choose health and wellness for yourself. Make it a priority. You define your goals – lose weight, lose inches, be more physically fit, make small lifestyle changes. Follow any healthy eating and exercise program of your choice.
3. Determine your personal weight loss goal for the 8-week Challenge period. SpotlightRichmond.com endorses only healthy weight loss. This is a weekly range of .5 to 2 pounds. Please set reasonable goals achieving permanent not temporary loss. One pound equals approximately 3,500 calories. So, to lose 1 pound weekly means consuming 500 less calories daily. Physical activity helps too.
4. Submit your Success Form weekly. Record your progress each week, get good to the site information, learn about local events, fitness opportunities, recipes and much more. Success is measured by the percentage of goal weight lost. For example Jim's goal is 10 pounds. At week 4 he has lost 5 pounds and is at 50% of his 10 pound goal.
5. Come often – use our message board to chat online with others who have taken the challenge – be encouraged- be a source of encouragement – share your tips - schedule meet ups ect...

Two Helpful Downloads for you to use: [Get Fit Challenge Sheet](#) and [Success Form](#)

Prizes: Great prizes will be awarded to the 3 biggest losers! Prize list will be posted before contest start date of January 8, 2007.