

2017 Adult Summer Reading Fitness Challenge

Build a Better World (building a better YOU!)

Dates to remember:

June 3rd Sign up for challenge and weigh in at the library.

July 29th Final weigh in and pedometer check.

Enrollment:

Fee is \$10.00. (This includes water bottle and pedometer)

Rules:

Must weigh in weekly

Must show steps per week to be logged

How to Win:

- Highest percentage of weight loss wins enrollment money collected.
- The person walking the most steps will win a 3 month membership to Pinson 24 hour fitness gym.

**Sign up at the circulation desk for group email sharing recipes, ideas, and motivational tips to build a better you.*