

Healthy Holiday Challenge



Maintain, don't gain this holiday season! Tired of feeling like you wasted an entire year of fitness on the holidays? Not this year! Join the Ozone Healthy Holiday Challenge!



Join us on an 8 week Holiday Challenge where we will be weighing in every 2 weeks and tracking physical activity. Participants earn tickets and all tickets go into a pot. Winning tickets are drawn randomly every 2 weeks, **the Monday following a weigh-in.**

Here is how you can earn tickets:

- 1 ticket per 4 Ozone check-ins in one week
- 2 tickets for maintaining your body weight between weigh-ins
- Bonus: 1 ticket for every 2 pounds lost

November 19th—January 11th

Weigh in dates: 11/19, 11/30, 12/14, 12/28, 1/11

Cost: \$10

Register at the Ozone or online at usd367ozone.org

If you have any questions, please contact Hayden Mersman at (913)755-3622