

# ALASKA UMC LEADERSHIP CHALLENGE

**SIGN UP  
NOW!**

Summer is approaching—this is an ideal time to establish a baseline, build momentum, and track meaningful progress over time.

Three points make a true line.

One scan is a snapshot. Three points help reveal a pattern.

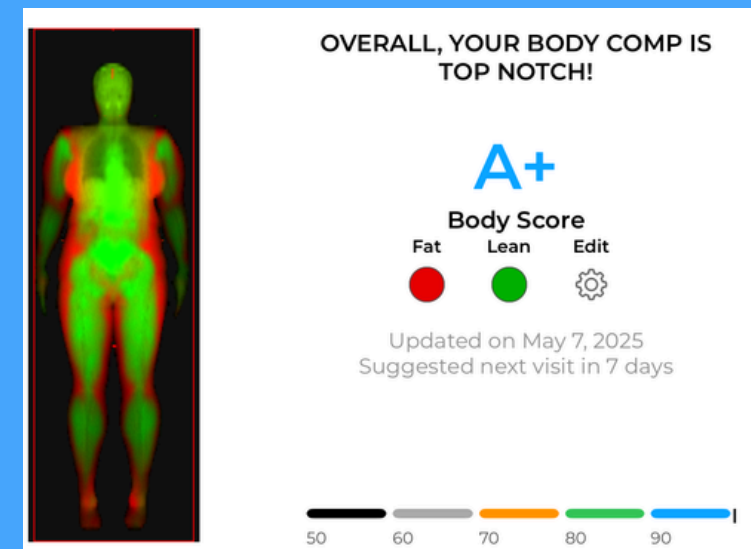
Join the Alaska UMC Leadership Challenge with our 3-scan package, designed to help you measure progress and encourage lasting change.



## What is a DEXA Scan?

A quick, non-invasive scan that gives a highly accurate breakdown of your body, including:

- Body fat %
- Muscle mass
- Visceral fat
- Bone density



## Why does it matter?

- Go beyond the scale.
- Understand your body.
- Track real change over time.
- Real numbers, real data!
- A team member will book you!



### When?

Scan #1 June 11th 2026, Scan #2 Nov 6th-7th 2026, Scan #3 April 16th-18th 2027



### DEXAFit Alaska

3601 C St. Suite 1378 Anchorage AK 99503

FOR MORE INFO : [ALASKA.DEXAFIT.COM](http://ALASKA.DEXAFIT.COM)