Join us in our Fit Fest Challenge!

**Beginning January 16th and running through April 16th, the University of Central Missouri is going to sponsor a wellness challenge.**

Here’s how it all works:

First you need to sign up at the front desk of the Student Recreation and Wellness Center or via google form that we will tell you how to find. The only information we will ask for is your name, phone number and e-mail.

**This is not a weight loss program, this is a wellness initiative.**

You may lose weight as you participate but we want to help you improve many facets of your health.

Each individual will register for a fee of $10. Along with your registration each individual will receive a pre & post assessment. The pre assessments will be available by walk-in and will be held at the Student Recreation & Wellness Center from 5:00pm – 7:00pm January 17th – 20th.

Upon registration you will be given the google form where you will self-report your activities. The point system allows you to get rewards for activity such as drinking 64oz of water in a day, walking 3 extra blocks to work, having a yearly physical, or attending a fitness and wellness seminar that we will provide.

**We have lots of prizes** that will be given throughout the competition based on a tiered point system and level of achievement.

So come on and join us as we strive to make both the university community and the greater Warrensburg community a healthier place to live. Get your family members, co-workers, students, or friends on campus to sign-up and help each other succeed!

Registration begins January 9th, at the Student Recreation & Wellness Center. The challenge runs through April 16th. For more information or questions please contact Jason at the Student Recreation and Wellness Center, 660-543-8643.