

# New Year New Me Health Journey

**January 2021 - January 2022!!!**

~YES.... you read that right a YEAR long journey!!!

~This journey will have pit stops along the way,  
with winners announced monthly for over all  
body composition improvement!

~Then one fabulous year long  
journey winner with most  
improved body composition.

~Final weigh in JAN 2022 (exact date TBD)

**Q:**

WHAT IS BODY COMPOSTITION???

**A:**

POUNDS LOSS, FAT LOSS, MUSCLE GAIN.

**Weigh in Jan. 24-28  
10 am - 2 pm**

**Kareem Gannie, Health, Fitness, & Nutrition Mngr.**

**WILL BE AVAILABLE FOR SUPPORT**

**Monday-Friday (hours vary during pandemic)**

**Open to Nisqually Tribal Members, Nisqually Community Members, and Nisqually Tribal Employees**

**For more information contact Kareem Gannie at 360-455-5213 ext. 1275**

**Join FB Page Nisqually Health, Fitness, & Nutrition for updates, tips, and support!**