



**Nisqually Health Fitness
and Nutrition**

FALL FITNESS CHALLENGE



TWO CATEGORIES- PICK ONE OR BOTH!

Category One: Fitness Test

- Pre-challenge assessment Sept. 30-Oct. 4th
- Men and women will have separate scoring categories for fitness test
- Post challenge assessment Dec. 16-20

Category Two: Body Composition

- First weigh in Sept. 30-Oct. 4th
- Most improved body composition will receive prize
- Last weigh in Dec. 16-20



STARTING: SEPTEMBER 30TH- OCTOBER 4TH

ENDING: DECEMBER 16TH- 20TH

For more information email: HealthFitness@nisqually-nsn.gov