

JUST SHOW UP & FALL WEIGHT LOSS Challenge

Progress starts with just showing up



Earn points (stickers) by attending group classes, working out at the Nisqually Fitness Center, and completing fitness challenges hosted by NHF staff!



Along with our typical Fall Weight Loss Challenge, we are encouraging participants to take part in earning points for another chance of winning a prize. Those with the most points win! Whether your goal is to change your body composition, build a consistent fitness routine, or just get moving again, there's a way for everyone to compete and WIN!



STARTING: OCTOBER 5TH-9TH
ENDING DECEMBER: 21ST-29TH

Winners to be announced at our annual Client Appreciation Dinner December 30th

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