

Suffering from Holiday Weight Gain?

Join the **Get Fit in 150**
Healthy Challenge 

Sign up at www.HealthySD.gov starting January 1

Participation is FREE

- ♥ Receive a free incentive when signing up.
- ♥ Start a team with your co-workers or join on your own.
- ♥ Log on each week to monitor your progress.



Challenge runs January 15 through February 15