



30K IN 60 DAYS

Whether your goal is to lose weight, make a few friends or simply track your exercise, we're glad you're here. Body Zone is encouraging members to expend 30,000 calories in 60 days. It's a lofty goal, but goals help us stay on track!

Everything will count towards calorie usage. For example:

- half hour of weight training counts as 250 calories
- full hour of weight training counts as 500 calories
- one-hour fitness class counts as 600 calories
- half hour swimming counts as 250 calories, etc.

Date: March 15 - May 13, 2010

Use the 30K in 60 Days activity tracker to estimate how many calories you burned. Your tracking cards will be filed in a designated area at the trainers' desk. Standings will be posted bi-weekly so you can see your progress.

Register at the Wellness Desk by March 14th