

# LOSE



Blomeyer Fitness Center's  
12-week fitness challenge to help  
lose weight and improve your  
overall fitness level.

# BIG

# CHALLENGE

**February 1 – April 24**

## **Program Features**

Free of Charge • Weekly Weigh-Ins  
Biweekly Fitness Challenges • Nutrition Guide  
Prizes for the Top Three Winners

**Registration will take place January 11 – February 1**

Sign up at the Fitness Center

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