

# Weight Loss Challenge 2010

NEW YEAR

NEW GOAL

NEW YOU

January 18th - March 26th

THE 10-WEEK WEIGHT LOSS PROGRAM,  
CHALLENGES PARTICIPANTS TO LOSE  
EXCESS BODY FAT THROUGH MODERATE  
EXERCISE AND HEALTHY EATING.

INITIAL WEIGH-IN DATES

Monday, 1/18 and Friday, 1/22 | Fitness Center | 11:00 am - 5:00 pm

Tuesday - Thursday, 1/19 - 1/21 | Bld. 80 Cafeteria | 11:30 am - 1:00 pm

FOR MORE INFORMATION CALL 562.797-3612

**BOEING**  
**Seal Beach Fitness**

