



10 WEEK TO A HEALTHY LIFESTYLE CHALLENGE

Pre Body Composition (WT, BMI, BF%) and
Abdominal measurements (belly button) at
Salt River Fitness Center the weeks of

August 13 – August 16

August 19 – August 23



- Fill out Registration form
- Fill out Health History form
- Fill out Nutrition Assessments

**START TRACKING
SUNDAY, AUGUST 25TH**

You will earn daily and weekly points by
participating in activities/exercise, eating
healthy, consuming water, participating in
mini challenges and more.

**Program is open to SRPMIC Community
Members and Family & Residents of SRPMIC,
Tribal & Enterprise Employees.**

**SRPMIC Diabetes Program
Salt River Fitness Center**

Question call 480-362-7320 or email
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