



MILLENNIUM CHALLENGE
COMMIT TO BE FIT

ARE YOU READY FOR A CHALLENGE?

Millennium Health is launching its fourth Commit to Be Fit Challenge – now sponsored by 24 Hour Fitness – to help you lose body fat, get fit and earn great prizes.

HOW TO PARTICIPATE

- Read the rules and fill out a waiver
- Commit yourself to a healthier lifestyle
- Attend the weigh-ins to track your progress

THE CHALLENGE WILL BEGIN TUESDAY, MAY 12, 2015 AND CONTINUE THROUGH WEDNESDAY, AUGUST 5, 2015.

Prizes Include

* 250 MyRewards points = \$1

TOP FEMALE	TOP MALE	TOP GROUP (2-4 PEOPLE)
50,000* MyRewards points	50,000* MyRewards points	20,000* MyRewards points each

All participants will receive a prize.



For rules and how to sign-up, visit MyMH