



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Pound Plunge

TAKE THE CHALLENGE!

This challenge has proven to help individuals lose weight, try new activities, succeed in reaching their health and wellness goals and make new friends.



The Pound Plunge is a weight loss challenge consisting of personal training, nutrition education and healthy team competition. As a team of four you will compete with other teams in weekly fitness challenges and overall weight loss. Points will be accumulated by teams for participation, workouts, nutrition logs and overall placement in team challenges. Teams can be formed by you or can be assembled by us. One of the many great advantage of being on a team is the support and accountability you will get.

Cost: \$20 members/ \$30 non-members per session

Get teams together from work and enter as a corporate team.

bakerymca.org

Family YCMA of Baker County
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(541) 523-4050