



City of New Bedford
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City of New Bedford
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Date: January 12, 2015
For Immediate Release

P R E S S R E L E A S E

New Bedford's Citywide Fitness Challenge Kicks Off Saturday With Registration and Health Fair

New Bedford, Massachusetts – Still feeling motivated about your New Year's resolution to exercise more or lose some weight? A great way to stick to your goal is to find other people who share it! Join the New Bedford Fitness Challenge this January with a friend or co-worker and lose weight while having fun and trying out some new and different fitness classes all around the city for a onetime fee of \$5!

The First Annual New Bedford Fitness Challenge will kick off **Saturday, January 17 from noon to 3:00 PM** with a Health Fair at the Andrea McCoy Recreation Center, located at 181 Hillman St. in New Bedford. You can join as an individual or as part of a team (2-10 people max) for a onetime fee of \$5 per person. The challenge ends March 28 with a Final Celebration and Award Ceremony at the YMCA New Bedford. (You must register by January 31 to be eligible for awards.)

At the Health Fair Kick Off, participants may register for the Fitness Challenge, enjoy free workout demonstrations, massages and giveaways, and get fitness and health information from participating organizations, which will include Southcoast Health, Dartmouth Total Fitness, the Greater New Bedford Community Health Center, Crabbe Chiropractic, Boutique Fitness, and many more!

Each week participants can access fitness classes from our participating sponsors. Parks Recreation & Beaches is holding free Zumba classes, the New Bedford Wellness Initiative is hosting wellness walks at the Dartmouth Mall, Carabiner's will be open to participants for free rock climbing, Tai Chi and yoga, the YMCA New Bedford will offer free fitness classes at the YMCA, and Mass in Motion New Bedford will hold free cooking demonstrations.

Throughout the competition, contestants will also have access to physicians and nutritionists to answer any health and wellness questions. To learn more about registering for this event and all details, please visit the Facebook page at <https://www.facebook.com/fitnesschallengeNB> or contact organizers at infoPRB@newbedford-ma.gov.

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