



City of New Bedford
Jonathan F. Mitchell, Mayor

City of New Bedford
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P R E S S R E L E A S E

First Annual New Bedford Fitness Challenge Closing Ceremony

Ceremony to be held at the Southcoast YMCA March 28th, 2015 from 9AM-12PM.

New Bedford, Massachusetts – Calling all Fitness Challenge members! On Saturday, March 28th, members and sponsors of the First Annual New Bedford Fitness Challenge will gather at the group exercise studio of the Southcoast YMCA in New Bedford from 9AM-noon for a final celebration of their commitment to get fit, have fun and feel fabulous. Join us for refreshments, raffle prizes, presentations and the awarding of the best attendance and weight loss prizes.

“It has been a pleasure to see the enthusiasm in this first annual Fitness Challenge. With so many passionate instructors, speakers and participants, this has been an emotional and empowering journey for all involved. The closing ceremony will be a great opportunity to give recognition to those that took the pledge to get fit, healthy and active,” said Mary Rapoza, Director of New Bedford Parks, Recreation & Beaches.

The Closing Celebration will begin at 9AM with final weigh-ins for all members. The weigh-ins will be the determining factor in the group and individual weight loss prizes, so be sure to get there on time, and encourage your entire team to participate. Weigh-ins will conclude at 9:30AM sharp.

Following weigh-ins, door raffle prizes will be announced and awarded in between health and wellness presentations. Cardiologist, Dr. Rocha will present “How to put a Cardiologist out of Business”, followed by MaryBeth Gamache, YMCA Health & Wellness Director, who will speak about Health and Wellness. This segment of the program will then conclude with meditation led by Paula Lazaroff.

Attendance and weight loss prizes will be awarded between 11:15 AM and noon, so be sure to stick around to cheer on your peers.



The Southcoast YMCA, Mass in Motion, Southcoast Hospitals, the City of New Bedford Parks Recreation & Beaches, Carabiner's Climbing and Fitness and others have modeled the New Bedford Fitness Challenge after the successful Fall River Fitness Challenge. The challenge will come to a close on March 28th after running for a nearly 3 months.

The Southcoast YMCA is located at 25 S. Water Street, New Bedford MA, 02740. For more information, please visit our Facebook page at [Facebook.com/fitnesschallengeNB](https://www.facebook.com/fitnesschallengeNB) or contact the fitness challenge at infoPRB@newbedford-ma.gov.

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