

Hi Get Fit Participant-

Some exciting news... as a group we lost 349.2 pounds in the month of July!!! That means that everyone that weighed in in July lost an average of 4.26 pounds!!! Wow! That is a great first month! We have 223 people signed up for Get Fit Colville so far this year, and we would love to see that number grow! So if you know anyone that might be interested in signing up for Get Fit Colville make sure that you let them know that they can still come down to the Colville Fitness Center and sign up at any time (\$5 for an individual and \$7.50 for a household)

We have some fun things coming up also... On August 21st from 5-8 pm we are having a Get Fit Colville fun event in the Colville City park called Splash N' Dash... it will be a fun family event with lots of water activities to keep you cool and fun ways to get active.

So mark your calendars for that, and also mark your calendars for our next lecture that is coming up on September 17th @6:00 pm. This lecture will be on "Metabolic Syndrome" with Dr Brad Lind. It will take place at the HEC Building (across the street from Mt Carmel). The sign up for this lecture is now posted at the front desk and the Colville Fitness Center so you can stop by any time and sign up or you can call and ask to be put on the list for this lecture. The number to the Fitness Center is 509-684-4307. Space is limited so sign up for that lecture as soon as you can.

Keep Getting Fit Colville!!!