

Greater Fall River 2018 FITNESS CHALLENGE



Have Fun • Eat Well • Get Fit • Win Big

PROGRAM GUIDE & EVENT CALENDAR

VISIT US ONLINE AT GFRREC.ORG/FITNESSCHALLENGE

BECOMING A PARTICIPANT

The Greater Fall River Fitness Challenge welcomes anyone in Southeastern MA & RI to join our 12-week challenge! You may join individually or as a member of a team (minimum of 3 participants per team) to be eligible for prizes.

You must be 16 years of age or older to participate, however, if a child under the age of 16 would like to participate in a class, please call ahead to get approval from the instructor.

To be eligible for grand prizes, you must be signed up by January 31, 2018. You can sign up at Greater Fall River RE-CREATION, 45 Rock Street, Fall River, or before any challenge.

All are welcome to sign-up anytime throughout the Challenge, but will not be eligible for grand prizes if signed up after January 31.

CHALLENGES & CLASSES

Challenges are listed in the calendar section of this booklet. Challenges from main fitness partners occur every Wednesday and Saturday. Make sure to check the calendar for times and locations. Bonus challenges are hosted by our guest fitness partners at their location.

If there is inclement weather, please check the Greater Fall River Fitness Challenge Facebook page for cancellations.

KEY TAGS

To participate in challenges, you **MUST BRING** your Fitness Challenge Key Tag.

Use your Fitness Challenge Key Tag to:

- weigh-in anonymously on weigh-in days
- receive discounts at the fitness centers
- get access to FREE nutrition classes when scheduled
- get access to FREE classes on various Wednesdays

If you lose your Fitness Challenge Key Tag, you are welcome to purchase a new one at Greater Fall River RE-CREATION for \$5.

PARTICIPANT DISCOUNTS

Challenge participants can present their Fitness Challenge Key Tag at the below facilities to get these awesome deals! See the Sponsorship Page in this booklet for locations & fitness partner contact information!



Greater Fall River RE-CREATION

\$25 for 6 month fitness center membership



Fitness Fusion

\$5 per Fitness Class or \$20 for 5 Fitness Classes



Tabi's Transformations

50% off any personal training or nutrition programming



SALT Fitness Yoga Cafe

1 free fitness class per week



Fall River YMCA

\$5 fitness class, gym day-pass or pool day-pass



Swansea YMCA

\$5 fitness class, gym day-pass or pool day-pass



CAT Studio

\$5 per fitness class (limited space)



Swansea Total Fitness

\$5 per fitness class or gym day-pass

Free classes throughout challenge - see insert for more info



TKO Fitness & Nutrition

\$5 per fitness class

WEIGH-INS

You must weigh-in at Greater Fall River RE-CREATION or at challenges on Wednesdays and Saturdays any time between Wednesday and Saturday of weigh-in weeks (see calendar.)

You will receive a ticket each time you weigh-in for the Fitness Challenge. This ticket can be used for the Grand Finale Auction at the Fitness Challenge Finale on April 12 to win prizes.

HOW TO WIN PRIZES

To be eligible for prizes, participants MUST register by January 31, 2018 and be weighed in at the FINAL weigh-in between March 28 - March 31. All team members are also eligible for individual prizes.

Best Attendance Award

To be eligible for the Best Attendance Award, you must check in with an identified staff member and show your key tag at each challenge.

Challenge Prizes

There will be a FREE giveaway at every fitness challenge. Everyone in attendance is eligible to win! Prizes include fitness gear, t-shirts, tickets to the Fitness Challenge Finale, water bottles, and more!

Grand Finale Auction

At each weigh-in, participants receive a ticket. This ticket must be saved for the Fitness Challenge Finale on April 12 for the Grand Finale Auction to win gift certificates, fitness equipment, and more! You are not permitted to enter tickets for other participants as you must be in attendance to win!

Most Improved Health Screening

One participant will be recognized for having the most improved health screening!

Individual Grand Prizes (Men & Women In Same Category)

1st Place: \$750 + 1st Place Award

2nd Place: \$400 + 2nd Place Award

3rd Place: \$300 + 3rd Place Award

Team Grand Prizes

1st Place: Free Gym Membership + 1st Place Award

2nd Place: Free Gym Membership + 2nd Place Award

3rd Place: Free Gym Membership + 3rd Place Award



WELLNESS CLASSES



Eat Healthy, Be Active Workshop

Wednesdays* 5:30 pm - 6:30 pm

People Inc., 4 South Main St, Fall River - See Calendar for More

These workshops offer support, ideas, motivation and education for those looking to lasting changes toward a healthful lifestyle. Recipe sharing, food tasting, goal setting and activity support are focuses of the workshops. *Workshops are offered most weeks - please contact Rose Couto at rosemarie.couto@steward.org for more info and a schedule of dates.



Nutrition Talks with Tabi

Jan 20, Feb 24, & Mar 24 at 10:00 am

Various Locations - See Calendar for More

Don't know where to start with your nutrition? During this three-part nutrition class, Tabi will introduce you to nutrition basics and share valuable information about label reading and calculating caloric intake. Learn all about fuel sources like carbs, proteins and fats as Tabi helps you to determine what "diet" or nutritional plan is right for you and how to balance or maintain your diet to prevent gaining back weight.



Tabling with the YMCA Diabetes Prevention Program

Feb 10 & Mar 24 from 9:00 am-10:00 am

Various Locations - See Calendar for More

The YMCA's Diabetes Prevention Program is a one year lifestyle modification program for overweight adults at risk for developing type 2 diabetes. The program is led by a trained Lifestyle Coach in a classroom setting delivered over a one-year period, 25 one-hour sessions in all. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% overall and 71% in adults age 60 and over. The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

WELLNESS CLASSES



Take Charge! (Living With, Preventing & Stopping Diabetes)

Jan 24, Feb 21, & Mar 21 at 5:30 pm

Various Locations - See Calendar for More

According to the Center for Disease Control and Prevention, 30.3 million Americans have diabetes, 84.1 million adults age 18 years and older have prediabetes-and the numbers continue to rise.

If diabetes or prediabetes affects you or a loved one, the good news is you can do something about it. Attend this informational session to learn how to Take Charge of diabetes prevention and management.

Program will be conducted by Dara Midwood, Diabetes Prevention Program Coordinator, YMCA Southcoast and Michael See, MS, RCEP, CDE, Southcoast Diabetes Management Program.



Walk Fall River

Wednesdays at 6:30 pm & Saturdays at 9:00 am

Kuss Middle School, 52 Globe Mills Ave, Fall River - See Calendar

Looking for a way to stay active this Winter? Walk Fall River has partnered with the 2018 Greater Fall River Fitness Challenge to once again hold indoor walking groups during the upcoming Winter months, from January 14th until April 8th.

These walking groups, which will run concurrently with Fitness Challenge events, will be held in the main hallway at Kuss Middle School. Join us on Wednesday nights at 6:30pm, and Saturday Mornings at 9:00am for an hour of walking and talking.

Participation in the Challenge is not required to take part in the walking groups, but signing up is always encouraged! Over 100 walkers joined in the groups last year, so help us build on that success!

For more information on the walking groups, contact Eric Andrade of Mass in Motion Fall River at 508-863-9733 or eandrade@sstar.org or visit www.walkfallriver.com or [Facebook.com/walkfallriver](https://www.facebook.com/walkfallriver)

JANUARY CHALLENGES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						13  KICK-OFF
14	15	16	17   FITNESS FUSION Together we fight!	18	19	20   TABI'S TRANSFORMATIONS
21	22	23	24   CAT Studio	25 WEIGH-IN WEEK	26	27  TOTAL FITNESS
28	29	30	31   the Y FALL RIVER YMCA			

JAN 13 10-12 pm **FITNESS CHALLENGE KICK-OFF** Kuss Middle School, 52 Globe Mills Ave, Fall River

JAN 17 5:30 pm **Eat Healthy, Be Active Workshop** Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
6:30 pm **Fitness Fusion** Kuss Middle School, 52 Globe Mills Ave, Fall River
6:30 pm **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River

JAN 20 9:00 am **Tabi's Transformations** Kuss Middle School, 52 Globe Mills Ave, Fall River
9:00 am **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
10:00 am **Nutrition Talks with Tabi** Intro to Nutrition, Kuss Middle School, 52 Globe Mills Ave, Fall River
10:45 am ★ **BONUS: 45 Minute Full Body Workout** SALT Fitness Cafe, 262 Swansea Mall Dr, Swansea

JAN 24 5:30 pm **Take Charge!** Living With/Preventing/Stopping Diabetes, Kuss Middle School, 52 Globe Mills Ave, Fall River
5:30 pm **Eat Healthy, Be Active Workshop** Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
6:30 pm **CAT Studio** Kuss Middle School, 52 Globe Mills Ave, Fall River
6:30 pm **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River

JAN 25 6:30 pm ★ **BONUS: POUND** TKO Fitness, 35 State Rd, Westport (Class Limit: 20)

JAN 27 9:00 am **Swansea Total Fitness** Kuss Middle School, 52 Globe Mills Ave, Fall River
9:00 am **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River

JAN 31 5:30 pm **Eat Healthy, Be Active Workshop** Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
6:30 pm **Fall River YMCA** 199 N Main St, Fall River
6:30 pm **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
ONLY \$10 **LAST DAY TO REGISTER FOR THE CHALLENGE** 45 Rock Street, Fall River

FEBRUARY CHALLENGES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3  
4	5	6	7  	8 WEIGH-IN WEEK	9	10  
11	12	13	14  	15	16	17  
18	19	20	21  	22 WEIGH-IN WEEK	23	24  
25	26	27	28  			

- FEB 3** 9:00 am **Fitness Fusion** Kuss Middle School, 52 Globe Mills Ave, Fall River
 9:00 am **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
 10:45 am ★ **BONUS: 45 Minute Full Body Workout** SALT Fitness Cafe, 262 Swansea Mall Dr, Swansea
- FEB 7** 5:30 pm **Eat Healthy, Be Active Workshop** Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
 6:30 pm **Swansea YMCA** 271 Sharps Lot, Swansea
 6:30 pm **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
- FEB 10** 9:00 am **CAT Studio** Kuss Middle School, 52 Globe Mills Ave, Fall River
 9:00 am **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
 9:00 am **Tabling with the YMCA Diabetes Prevention Program** 52 Globe Mills Ave, Fall River
- FEB 14** 6:30 pm **Tabi's Transformations** Kuss Middle School, 52 Globe Mills Ave, Fall River
 6:30 pm **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
- FEB 17** 9:00 am **Swansea Total Fitness** Kuss Middle School, 52 Globe Mills Ave, Fall River
 9:00 am **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
 10:45 am ★ **BONUS: 45 Minute Full Body Workout** SALT Fitness Cafe, 262 Swansea Mall Dr, Swansea
- FEB 21** 5:30 pm **Take Charge! Living With/Preventing/Stopping Diabetes.** Fall River YMCA, 199 N. Main Street, Fall River
 6:30 pm **Fall River YMCA** 199 N. Main Street, Fall River
 6:30 pm **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
- FEB 22** 6:30 pm ★ **BONUS: POUND** TKO Fitness, 35 State Rd, Westport (Class Limit: 20)
- FEB 24** 9:00 am **Tabi's Transformations** Kuss Middle School, 52 Globe Mills Ave, Fall River
 9:00 am **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River
 10:00 am **Nutrition Talks with Tabi** Fuel Sources & Diet Plans, Kuss Middle School, 52 Globe Mills Ave, Fall River
- FEB 28** 5:30 pm **Eat Healthy, Be Active Workshop** Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
 6:30 pm **Swansea YMCA** 271 Sharps Lot Rd, Swansea
 6:30 pm **Walk Fall River** Kuss Middle School, 52 Globe Mills Ave, Fall River

MARCH CHALLENGES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3  
4	5	6	7  CAT Studio 	8 WEIGH-IN WEEK	9	10  TOTALFITNESS 
11	12	13	14  the Y FALL RIVER YMCA 	15	16	17  
18	19	20	21  the Y Swansea YMCA 	22 	23	24  
25	26	27	28  CAT Studio 	29 FINAL WEIGH-IN WEEK	30	31  TOTALFITNESS 

- MAR 3** 9:00 am Fitness Fusion Kuss Middle School, 52 Globe Mills Ave, Fall River
9:00 am Walk Fall River Kuss Middle School, 52 Globe Mills Ave, Fall River
10:45 am  **BONUS: 45 Minute Full Body Workout** SALT Fitness Cafe, 262 Swansea Mall Dr, Swansea
- MAR 7** 5:30 pm Eat Healthy, Be Active Workshop Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
6:30 pm CAT Studio Kuss Middle School, 52 Globe Mills Ave, Fall River
6:30 pm Walk Fall River Kuss Middle School, 52 Globe Mills Ave, Fall River
- MAR 10** 9:00 am Swansea Total Fitness Kuss Middle School, 52 Globe Mills Ave, Fall River
9:00 am Walk Fall River Kuss Middle School, 52 Globe Mills Ave, Fall River
- MAR 14** 5:30 pm Eat Healthy, Be Active Workshop Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
6:30 pm Fall River YMCA 199 N. Main Street, Fall River
6:30 pm Walk Fall River Kuss Middle School, 52 Globe Mills Ave, Fall River
- MAR 17** 9:00 am Fitness Fusion Letourneau School, 323 Anthony St, Fall River
9:00 am Walk Fall River Letourneau School, 323 Anthony St, Fall River
10:45 am  **BONUS: 45 Minute Full Body Workout** SALT Fitness Cafe, 262 Swansea Mall Dr, Swansea
- MAR 21** 5:30 pm Eat Healthy, Be Active Workshop Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
5:30 pm Take Charge! Living With/Preventing/Stopping Diabetes, Swansea YMCA, 271 Sharps Lot Rd, Swansea
6:30 pm Swansea YMCA 271 Sharps Lot Rd, Swansea
6:30 pm Walk Fall River Kuss Middle School, 52 Globe Mills Ave, Fall River
- MAR 22** 6:30 pm  **BONUS: POUND** TKO Fitness, 35 State Rd, Westport (Class Limit: 20)
- MAR 24** 9:00 am Tabi's Transformations Letourneau School, 323 Anthony St, Fall River
9:00 am Tabling with the YMCA Diabetes Prevention Program Letourneau School, 323 Anthony St, Fall River
9:00 am Walk Fall River Letourneau School, 323 Anthony St, Fall River
10:00 am Nutrition Talks with Tabi Balance & Maintenance, Letourneau School, 323 Anthony St, Fall River
- MAR 28** 5:30 pm Eat Healthy, Be Active Workshop Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
6:30 pm CAT Studio Kuss Middle School, 52 Globe Mills Ave, Fall River
6:30 pm Walk Fall River Kuss Middle School, 52 Globe Mills Ave, Fall River
- MAR 31** 9:00 am Swansea Total Fitness Letourneau School, 323 Anthony St, Fall River
9:00 am Walk Fall River Letourneau School, 323 Anthony St, Fall River
8:30-10:30 am  South Coast Health Screening Van Letourneau School, 323 Anthony St, Fall River

APRIL CHALLENGES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 	5	6	7  
8	9	10	11	12  FINALE	13	14

- APR 4 5:30 pm** Eat Healthy, Be Active Workshop Saint Anne's Hospital @ People Inc, 4 South Main St, Fall River
6:30 pm Tabi's Transformations Kuss Middle School, 52 Globe Mills Ave, Fall River
6:30 pm Walk Fall River Kuss Middle School, 52 Globe Mills Ave, Fall River
- APR 7 9:00 am** Fitness Fusion Letourneau School, 323 Anthony St, Fall River
9:00 am Walk Fall River Letourneau School, 323 Anthony St, Fall River
- APR 12 6-10 pm** FITNESS CHALLENGE FINALE, McGovern's Family Restaurant, 10 Shove Street, Fall River



Greater Fall River Fitness CHALLENGE FINALE

As a Greater Fall River Fitness Challenge participant, you worked hard for months! Come celebrate your hard work at the Fitness Challenge Finale, featuring DJ Matt from Upbeat Entertainment. Don't miss the announcement of the winning teams and individual participants!

April 12, 2018

6:00 pm - 10:00 pm


McGovern's Family Restaurant

310 Shove Street, Fall River


\$25 per ticket

Enjoy dinner, dancing and awards!

THANK YOU TO OUR SPONSORS!




Saint Anne's Hospital
A STEWARD FAMILY HOSPITAL



At Saint Anne's Hospital, we reach beyond hospital walls, into the surrounding communities, to address the most prevalent health- and wellness-related needs of our community members.

508-674-5600
www.saintannahospital.org



Southcoast Health

More than medicine.

Southcoast Health is a community based health delivery system with multiple access points, offering an integrated continuum of health services through Charlton Memorial Hospital in Fall River, St. Luke's Hospital in New Bedford and Tobey Hospital in Wareham.

844-744-5544
www.southcoast.org



Greater Fall River Partners for a Healthier Community, Inc.

Working to improve the quality of life in Fall River, Somerset, Swansea, and Westport, Massachusetts.

www.gfrpartners.com



Greater Fall River RE-CREATION
One Community, One Future

45 Rock Street, Fall River, MA
508-679-0922

www.gfrrec.org



We believe that every man, woman, and child deserves the opportunity to develop their talents and self-esteem. Our goal is to provide our participants a safe and nurturing environment for our community's youth to learn, grow, and get involved! Greater Fall River RE-CREATION strives to provide year-round recreational, educational, and developmental programs to Greater Fall River area residents.



CAT Studio
Ariel Fitness Fuzin'

544 Milford Rd, Swansea
(508) 642-8591
www.cattstudio.net



Fall River YMCA

Committed to strengthening our community through youth development, healthy living and social responsibility.


199 North Main St, Fall River
508-675-7841
www.ymcasouthcoast.com



FITNESS FUSION
together we fight

Fitness Fusion
A Program of Greater Fall River RE-CREATION


508-679-0922
Facebook: *Where is the workout / Amy Jones Delgiacco*
www.gfrrec.org/fitness



SALT Fitness Yoga Cafe

SALT Swansea is a fitness studio bringing you simple accountable lifestyle therapy.


262 Swansea Mall Dr
Swansea, MA
(508) 617-4554



Stoico/FIRSTFED YMCA

Ys offer fitness classes for all ages, all levels and all interests that's fun, supportive and keeps you moving.


271 Sharps Lot Road, Swansea
508-678-9622
www.ymca.net



Swansea Total Fitness


Total Fitness offers a wide variety of cardiovascular and weight machines, allowing all of our members to create their own individual workout programs.

207 Swansea Mall Dr Swansea
508-679-9793
www.totalfitnessclubs.com



Tabi's Transformations discount will be 50% off any personal training or nutrition program

Email: TMGENDEAU@Comcast.net



TKO Fitness & Nutrition

TKO Fitness - more than just a gym. We will work with anyone, regardless of your age and physical ability.

(401) 263-2309 35 State Road, Westport MA



**FOR MORE INFORMATION:
Greater Fall River RE-CREATION
45 Rock Street, Fall River, MA 02720
Phone: 508-679-0922**



THANK YOU TO OUR SPONSORS!



www.gfrrec.org/fitnesschallenge