



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE NEW YEAR STARTS HERE MIND OVER MATTER



ONLY \$40 FOR YMCA MEMBERS

SIGN UP TODAY

ONLINE @ www.mcmca.org



IF YOU HAVE ANY QUESTIONS CONTACT



Alison Hulsey



765-472-1979 ext: 681 or

ahulsey@mcmca.org

Included in this 6 week challenge!

- ❄️ **Beginning and End BMI Calculations**
- ❄️ **Wellness Coach and Workout Plan**
- ❄️ **Accountability Partner**
- ❄️ **Food and Workout Log**
- ❄️ **Weekly Group Workout Challenges**
- ❄️ **Weekly Book Club Discussions Featuring “Atomic Habits” by James Clear**
 - **Book Included After Registering for Program**
- ❄️ **Point System to Earn Prizes**
- ❄️ **And More!**
- ❄️ **CHALLENGE BEGINS MONDAY JANUARY 13th - February 21th**
- ❄️ **CALL OUT MEETING JANUARY 6th AT 6:30 PM**