



Dear Friend,

The interest expressed by people like you to take a serious approach toward healthier lifestyles is exciting. The Fort4Fitness Festival committee is committed to helping you achieve your goals by offering a training program specifically designed to educate, encourage, and develop an exercise program to meet these needs.

Indiana's News Center, Select Medical Group, and the ASH Centre are working with Fort4Fitness to offer this program in conjunction with the Indiana's News Center F4F Challenge.

The Health Challenge includes:

- Structured training using the program developed for the INC Challenge
- Limited numbers being accepted
- Two mornings each week starting the last week of May until the September 25th Fort4Fitness Festival – you can sign up
 - Monday and Thursday 6:00-7:00am – or –
 - Tuesday and Friday 6:00-7:00am
- Indoor walking/exercise area will be used
- Entry into the Fort4Fitness event included in registration fee
- Experts in the all aspects of fitness/wellness will provide information and guidance

Cost (to include entry into the Fort4Fitness event) -- \$85.00

For registration or questions, contact:

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