



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE
Dec. 11, 2014

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Make Slimming Down more than a Slim Chance

For many, there's a slim chance they'll be successful at slimming down. Increase your odds at successfully getting fit and losing weight. Don't go it alone. Sign up for the 8-week South Suburban Slim Down program, which includes:

- Pre and post fitness assessments
- 8 personal training sessions, scheduled at your convenience
- Nutrition seminar, sponsored by Whole Foods
- 3 group workout events
- Weekly emails with nutrition and fitness tips

The Slim Down challenge kicks off Jan. 3 and runs through Feb. 28. It's offered at South Suburban's Buck Recreation Center, 2004 W. Powers Ave., Littleton; Goodson Recreation Center, 6315 S. University Blvd., Centennial; Lone Tree Recreation Center, 10249 RidgeGate Circle, Lone Tree and Sheridan Recreation Center, 3325 W. Oxford Ave., Sheridan.

Compete as an individual or as a pair. Grand prizes will be awarded to the top individual and pair with the highest percentage of weight loss. The first 30 people to register will receive an exclusive program t-shirt. Individual Resident: \$335; Nonresident: \$435. Cost per Pair, Resident: \$455; Nonresident: \$550. Register online at www.ssprd.org, or call 303-347-5999. For more information contact Kelseyw@sspr.org.

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