

# Pound 4 Pound

## Weight Loss Challenge

*Need to lose a few pounds???* During the month of August every pound you lose at Peak Fitness, we will donate a pound of food to the City of Refuge of Dalton. This multi service non profit organization provides many necessary services for the homeless and needy families in Whitfield and Murray County's.

*So how do you get involved?*

*Its simple, just sign up and weight in by August 1<sup>st</sup> and reweigh by August 31<sup>st</sup> ...*

*For every pound you lose in the month of August, Peak Fitness will donate a pound of can food to this shelter!!!!*

*So make a commitment for your health and the health of the hungry in our community!*