



COLORADO STATE UNIVERSITY  
EXTENSION

2022

# A 12 Week Health and Fitness Program to Start Your Year Off Right!



6+ Nutrition and Health Lessons Online, a  
free In-Body Scan to give you a break down  
of your muscle, fat, and bone mass, and  
Cash Prizes!

## **Weigh-In:**

January 3-7: Morgan, Logan, Washington, Yuma  
& Phillips Counties

January 10-13: Kit Karson, Bent & SE Area  
Counties

## **Weigh-Out:**

April 4-8: Morgan, Logan, Washington, Yuma  
& Phillips Counties

April 11-14: Kit Karson, Bent, & SE Area  
Counties

## **Entry Fee:**

**Team-\$160**

**Individual- \$40**

**Entry fee due to the extension office  
at the time of weigh-in**

For more information, contact your local  
extension office.