



SAINT BARNABAS
HEALTH CARE SYSTEM
 Newark Beth Israel Medical Center
 Children's Hospital of New Jersey

The BETH Challenge

*Set Your Fitness Goals!
Weigh In This January!*

**3 MONTH HEALTH AND
WELLNESS PROGRAM
FOR NEWARK**

COLOSSEUM GYM



**INITIAL
WEIGH-IN
STARTING
THE WEEK OF
January 30, 2011**

The Beth Challenge is a 12 week wellness program that fosters lifestyle changes through nutrition education, exercise and support.

Contestants can compete for the largest percentage of weight loss.

EVERYONE WINS BY GETTING HEALTHY!

Contestants can enter as individuals, families or teams.

**For More Details:
973-926-2663**

It's More Than Just a Weight Loss Contest. It's a Way of Life!