

ARE YOU UP TO THE CHALLENGE?

Are you ready to take your health to the next level? Do you think you've got what it takes to make the changes that will transform both your body and your quality of life? Are you ready to feel stronger, sleep sounder, and feel better?

Then gear up

Friend up

Team up

And show up

Compton Unified School District **ELEVATE HEALTH** **50 Million Pound Challenge**

Dates

Final registration...2/25

Weigh in.....3/1-3/2

Kick off.....3/4

Final weigh in.....4/26

Winners announced.....5/8

Cost of challenge: \$50.00 per person

You will learn exercise and nutrition tips to start off the new year strong
And to make things extra fun,
we are bringing back our district-wide staff fitness challenge
You heard that right!
CUSD is bringing back our district-wide 50 Million Pound Challenge.
Reworked, Revamped and better than ever
Again I ask,



DO YOU HAVE WHAT IT TAKES TO GO ALL THE WAY?

Compton Unified School District

ELEVATE HEALTH

50 Million Pound Challenge

Name: _____

Work Location: _____

Email: _____

Phone#: _____

Team
Name: _____

Team Captain: _____

NAME OF THE OTHER FOUR (4) TEAM MEMBERS:

NOTE: Each participant must complete a Registration Form

1. _____

3. _____

2. _____

4. _____

Health Disclaimer:

I know that the CUSD Elevate Health 50 Million Pound Challenge offered by the Compton Unified School District is intended only to assist participants in their personal weight loss efforts. I know that I am urged to seek the advice of a physician before beginning any weight loss program. This program is intended for use only by healthy adult individuals. This program is not intended for use by minors, pregnant women, or individuals with any type of health conditions. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of weight loss program.

I have read the Health Disclaimer above and accept it by signing below.

I _____ commit to the CUSD Elevate Health 50 Million Pound Challenge and will do my best to eat right, exercise, and lose weight over the eight (8) week period beginning Monday, March 4, 2019 through Friday, April 26, 2019.

Signature

Date



Return completed forms to
Angie Hawkins,

ahawkins@compton.k12.ca.us

or

Tiani Haney,

tlockwood@Compton.k12.ca.us