



## Join the City of Deltona to "Get Fit for '15"

**August 12th, 2014**— We all want to be healthy... but it's not always easy. You want to lose weight? How about cooking a healthy meal? Maybe ride a bike with the grandkids? Would you want to lower your medical costs?

The City of Deltona, Florida Hospital and Halifax Health will help you start living a healthy, and happy, life with the Mayor's Get Fit for '15 Fitness Challenge. Come to City Hall on September 24<sup>th</sup> for an initial weigh-in and measurement, and then for the next ten weeks, you will have the opportunity to hear from experts about good eating habits, effective and enjoyable exercises, and being aware of how your body works. These free events also include leisurely hikes in Deltona's nature parks, where you and your family can safely ride your bikes.

On December 10<sup>th</sup>, it's time for the final weigh-in and measurement, and prizes will be awarded for most weight lost, inches off the waistline and more! We're looking for families, friends and businesses to form teams and participate in the Fitness Challenge. So join us on the path to healthy living, and continue your healthy lifestyle just in time for 2015!

Visit [www.deltonafl.gov](http://www.deltonafl.gov) for more information and to register for the Mayor's Get Fit for '15 Fitness Challenge.