



“Get Fit for ‘15” Fitness Challenge Registration Now Open

August 20th, 2014— Registration for The Mayor’s Get Fit for ‘15 Fitness Challenge is now open for teams and individuals. The City of Deltona, Florida Hospital and Halifax Health, partners in the Fitness Challenge, encourage local organizations and businesses, along with families and friends in Deltona, to form fitness teams.

The registration process is easy. Go to www.deltonafl.gov and the link to “Get Fit for ‘15” is on the home page. This takes you to the Fitness Challenge page and the Registration Instructions. You send in your team information and the City will send you a Confirmation Registration Form. It’s that simple!

The Mayor’s Get Fit for ‘15 Fitness Challenge kicks off at City Hall on September 24th for an initial weigh-in, and for the next ten weeks, there will be free seminars about good eating habits, effective and enjoyable exercises, and being aware of how your body works. There will also be weekend hikes in Deltona’s nature parks, and bike rides for you and your family!

The final weigh-in is December 10th, and prizes will be awarded for most weight lost, inches off the waistline and more. Families, friends and businesses are welcome to participate in the Fitness Challenge, so visit www.deltonafl.gov to register for the Mayor’s Get Fit for ‘15 Fitness Challenge. For more information, contact getfit@deltonafl.gov.