



WELLNESS AT WORK



10-week  
challenge begins

**APRIL 10,  
2012**

# CityFit Weight Loss Challenge

**What do YOU have to lose?**

Compete against your co-workers in this first ever CityFit event. Competitors will receive weekly email advice and personal weight loss coaching to stay on track and are required to weigh-in three times with the Wellness Coordinator.

**Deadline to register is April 5, 2012**

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For more information or to register please contact the Wellness Coordinator:

Frank Mannella @ 412-255-2383—[frank.mannella@pittsburghpa.gov](mailto:frank.mannella@pittsburghpa.gov)

