

Summer Fitness:



Go for the Goal !

Add a little zest to your life – set a summer fitness goal! Come to this June 29th workshop with Johnna Schuck Johnson of New Heights Training & Development -- learn how to set a fitness goal and maintain motivation to stay on target throughout the summer months. In partnership with Davis Personal Fitness, a FREE fitness consultation, assessment and workout program will be given away at the end of the workshop. You must be registered for the class and be present to be eligible for the drawing. To register, email training@dhr.idaho.gov.

Create summer success! Go for the Goal!

Date

Location

TBA

Optional: You are invited to bring a food donation for the Idaho Food Bank to this workshop. Bring the weight you have lost (or hope to lose) in food. The donation goal is to equal the weight lost by the JRW Fitness Challenge participants. It's a great way to visualize their 355 pound

 **Health
Matters**

IDAHO STATE WELLNESS PROGRAM