

Regional Healthcare Foundation's 2025 Tri-Team Fitness Challenge

January 21-May 6, 2025

Sign up in teams of three.

Weigh in between 7:30-5:30 every Tuesday.

Sign up for weekly drawings.

**Teams losing the highest combined
percentage of weight will win cash prizes.**

**Individuals (male and female) who lose the
highest percentage of weight will win cash prizes.**

***Register and record starting weight on January 21, January 28,
or February 4.***

**Regional Healthcare Foundation
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