

NATIVE DIABETES SPRING FITNESS CHALLENGE

APRIL 8 - MAY 6

LASSEN
INDIAN HEALTH CENTER

*Movement
is Medicine*

*Take the first step toward
diabetes care and
prevention*

4-WEEK CHALLENGE

To participate, sign up and visit the LIHC Fitness Center to log as many workout days as possible (only one visit per day counts) within the 4-week period to reach your personal fitness goal.

INCENTIVES

- ◆ The top 10 Native clients with the most workout days at the Fitness Center at the end of 4 weeks will earn an incentive.
- ◆ A list of incentives and full participation guidelines will be posted at the Fitness Center.

Sign up by contacting Judy, Jeremy, or Tina at the Fitness Center. For more information, please contact Judy Lee at 530-251-5582