



**SAINT BARNABAS**  
**HEALTH CARE SYSTEM**  
 Newark Beth Israel Medical Center  
 Children's Hospital of New Jersey

# The BETH Challenge

*Set Your Fitness Goals!  
Weigh In This January!*

**3 MONTH HEALTH AND  
WELLNESS PROGRAM  
FOR NEWARK**

**COLOSSEUM GYM**



**INITIAL  
WEIGH-IN  
STARTING  
THE WEEK OF  
January 30, 2011**

The Beth Challenge is a 12 week wellness program that fosters lifestyle changes through nutrition education, exercise and support.

Contestants can compete for the largest percentage of weight loss.

**EVERYONE WINS BY GETTING HEALTHY!**

Contestants can enter as individuals, families or teams.

**For More Details:  
973-926-2663**

*It's More Than Just a Weight Loss Contest. It's a Way of Life!*