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NEW HILLSBORO FITNESS CHALLENGE BEGINS JANUARY 10TH

Hillsboro Parks & Recreation is ringing in the New Year by challenging residents to join the second Hillsboro Fitness Challenge designed to create a healthier community.

The Hillsboro Fitness Challenge is a 12-week program beginning January 10th and ending April 1st that provides participants with fitness and nutritional education and tools to be more active and healthy. Participants can sign up for an “activity” category or a “weight loss” category depending on their needs, and prizes will be awarded at the end of the 12 weeks based on individual success in either category.

“For those who are looking for motivation, support or direction to reach their fitness goals and feel more healthy and fit for 2011, no matter if they are 20 or 70 years of age, this is the challenge for them,” said City of Hillsboro Parks & Recreation Supervisor Brooke Ives.

Hillsboro Parks & Recreation just finished the first ever Hillsboro Fitness Challenge which had 86 participants, all of whom are on their way to a healthier lifestyle.

Hillsboro Fitness Challenge participants can engage in activities on their own or with a group. Additional fitness and nutrition classes are being offered through Hillsboro Parks and Recreation and at the Shute Park Aquatic and Recreation Center (SHARC) to support the challenge. New options include a weekly fitness challenge exercise class and nutritional workshops on understanding proper health, holiday eating success, and stress management. Other classes offered that support the fitness challenge, some of which are regular drop-in classes at SHARC, include Cardio Circuit, Cardio Jam, Tai Chi, Power Plunge, Indoor Cycling, Yoga, Pilates, willpower & grace™, Belly Dancing, and more. Participants are also encouraged to use other Hillsboro businesses for their fitness and wellness needs.

Registration for the Hillsboro Fitness Challenge is \$30 per person, which includes a personal training session and two body composition readings. Access to the Fitness Challenge Fitness Class at the SHARC is included in the registration.

For more information or to register for the Hillsboro Fitness Challenge, contact SHARC at 503-681-6127, or register online at www.ci.hillsboro.or.us/ParksRec.

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