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NEW HILLSBORO FITNESS CHALLENGE BEGINS OCT 4

In preparation for the 2010 holiday season, Hillsboro Parks & Recreation is challenging residents to join a new Hillsboro Fitness Challenge designed to help make a healthier community.

The Hillsboro Fitness Challenge is a 12-week program beginning October 4th and ending December 30th, which is designed to give participants the tools to have a successful and healthy holiday season. 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 this holiday season, 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 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 free 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 Boot Camp, Cardio Dance, 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 at SHARC. Access to the SHARC facilities and drop-in classes are not included, but are available on a daily fee or longer-term membership basis.

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.

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