

Real Health & Fitness First Annual

100 TON CHALLENGE

A Benefit for Big Brothers and Big Sisters



The week of July 17th - 22nd

You have one day to complete your chosen challenge.
All participants receive a "100 Ton Challenge T-Shirt"

Real Health & Fitness is offering a FREE 7 day membership to plan your strategy
Non Members welcomed in Challenge

Upon completion of the 100 Ton challenge

Your name is forever engraved on Real Health & Fitness Perpetual Wall Plaque
And you receive your own personally engraved Wall Plaque

Upon completion of the 50 Ton challenge

You receive a trophy with the "50 Ton Challenge" message engraved
and the year you accomplished the feat

Upon completion of the 25 Ton challenge

A memorable feat in itself.

You receive a medallion commemorating your challenge with the year you accomplished it.

The real challenge is helping Real Health & Fitness reach our goal of raising \$5000.00

For Big Brothers and Big Sisters

The Entrance fee is based upon your challenge weight

100 Ton Challenge is \$50.00

50 Ton Challenge is \$45.00

25 Ton Challenge is \$40.00

Big Brothers & Big Sisters receives all profits from the entrance fees

Each lifter will log his or her progress. This is an honor system event. NO 1/2 Reps.

Lifting must be accomplished during our normal staffed hours

Monday - Friday from 5:00 a.m. to 9:00 p.m. Saturday from 7:00 a.m. to 3:00 p.m.

Must be 18 years old.



100 Ton Challenge

You will receive a personalized wall plaque celebrating your lifting accomplishment for bragging rights



50 Ton Challenge

You will receive an engraved trophy memorializing your 50 ton lift



25 Ton Challenge

You will receive a beautiful meddallion commemorating your accomplishment

Lift for the Kids

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