

CITY OF SOUTH LAKE TAHOE

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FOR IMMEDIATE RELEASE

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Monthly Wellness Challenge at the Recreation Center

South Lake Tahoe, CA (February 27, 2015) – The City of South Lake Tahoe Recreation and Swim Complex located at 1180 Rufus Allen Blvd is offering a new program for community members to participate in called *The Monthly Wellness Challenge*.

Each month a different activity will be offered for community members to experience such as weight lifting, lap swimming, cardio machines, playing basketball, playing ping pong, climbing the traversing wall, etc. Included each month will be information on general fitness tips to increase product knowledge and safety.

The March Wellness Challenge is called *Sweat Sessions* and focuses on weight room users. After paying the daily use fee, participants will track the amount of time spent in the Recreation Center weight room from March 1-31st. Sessions are tracked in 30 minute intervals. At the end of the month the person with the most intervals will be awarded a Certificate and gift package!

Participants can sign up for the program with front desk personnel at the Recreation Complex at which time they are given a personal Wellness Challenge Tracking Calendar. Staff will post participant's progress on a display in the weight room to inspire challenge participants. Each time the participant performs the designated activity they log their progress. At the end of the month the person with the most time logged is crowned the winner for that month. For more information call 530-542-6056 ~ Get Fit, Get Well, Be Challenged!

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