

CITY OF SOUTH LAKE TAHOE

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FOR IMMEDIATE RELEASE

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May Wellness Challenge at the Recreation Center

South Lake Tahoe, CA (May 1, 2015) – The City of South Lake Tahoe Recreation Department is offering a new program for community members to participate in called *The Monthly Wellness Challenge*. The May Wellness Challenge is Basketball and extended hours allow for pick-up games. Drop in basketball hours are being offered Monday – Saturday 12:00pm-5:00pm.

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. After paying the daily use fee, participants will track the amount of time spent in the Recreation Center weight room from May 1-31st.

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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Get Fit, Get Well, Be Challenged!

Yes, yes, so we know that it is 'supposed' to be called "March Madness," but is the month really all that important? We are all about Basketball, all the time (we do have a full sized indoor court). And now, we have extended hours for pick up games! So get together with your friends and log some time in on the court. I mean, what's more fun than shooting hoops and getting swag for it?



SOUTH LAKE TAHOE
Recreation Services

Monthly Wellness Challenge: May Madness

It's Easy to Participate!

- Pick up your Monthly Tracking Calendar at the Front Desk.
- Any time that you shoot hoops for at least 10 minutes = 1 tally on your tracking calendar that you are responsible for recording.
- Maximum 1 tally per day (doesn't mean you can't play longer).

- At the end of the month, the person with the most tallies logged is the **May Wellness Challenge Winner!**



Drop in Hours for Basketball:

Monday—Saturday

12:00pm—5:00pm

*Basketball court not available on 5/1, 5/8, 5/23 and 5/25