

# CHAMPS NEWSLETTER

November Issue

## Hang On Thru The Holidays Program Lakeview Medical Center

Lakeview Medical Center is again putting on its Hang on Thru the Holidays Program. Cameron School District will again run the program as an on-site convenience. The program goal is simple, maintain (or lose) weight throughout the holiday season. Those that choose to participate will pay a \$5 fee and

will weigh in with the program coordinator at an initial weigh in during the week of Nov 13-17 and at a final weigh in the week of Jan 2-6. At the end of the program, there will be drawings for cash prizes. You gain 1 entry for maintaining your initial weight (within 2 pounds) and an additional entry for every pound

you lose. You may also qualify to win a Fitbit watch by completing 150 minutes of exercise each week and keeping track of the exercise on a recording sheet. If you are interested in this program, the entry sheet is attached to this newsletter. Simply send the entry form and \$5 to Brett Ridout by Nov 13.

## Cameron HS Fitness Center has something for everyone.

If you have not seen the Cameron High School Fitness Center in a while, you may be missing out on a great resource to keep yourself happy and healthy. Not only will your body & brain thank you for the exercise, but your wallet will thank you. There are a lot of great fitness facilities in the area

offering a wide array of fitness activities, but not one of them can beat the cost of the Cameron Fitness Center. The fitness center has 4 treadmills, an exercise bike, an elliptical machine, battle ropes, medicine balls, free weights, resistance machines, TRX. If you need any help putting together a workout

program or need to know how to use the equipment, please let me know and I would be glad to help you.

## Recipe Center: Thai Chicken Noodle Soup

<http://www.platingsandpairings.com/easy-slow-cooker-thai-chicken-noodle-soup/>

