



CITY OF LAS VEGAS

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MAYOR CHALLENGES RESIDENTS TO BECOME MORE ACTIVE

LAS VEGAS, NM – Las Vegas Mayor Tony E. Marquez Jr. and Alta Vista Regional Hospital have partnered for the 2009 Mayor's Fitness Challenge. This past Saturday, Mayor Marquez and representatives from Alta Vista Hospital hosted a mini health fair and launched the 90-day fitness challenge.

"I want a healthier and more active city," Mayor Marquez said. "No matter how active you currently are, we challenge you to become more active to enjoy the healthy competition."

The fitness challenge will commence on February 16, 2009 for 90-days. At the beginning of the challenge and end of 90 days, Abe Montoya Recreation Center staff will weigh you and take various measurements to mark down how much inches and weight was lost during the 90 day challenge. This will create an activity log and help us determine the biggest loser of weight and inches for this year's challenge.

By participating in the challenge, you may purchase a monthly pass to the Abe Montoya Recreation Center for \$15, a 50% off the regular cost of the monthly pass. After the challenge ends participants are entitled to a total number of weight and inches lost discount. For example, if you loose three (3) inches and seven (7) pounds you will receive a 10% discount on the purchase of a monthly pass for the next year. The participant who looses the most weight and inches will win a mountain bike donated by Alta Vista Regional Hospital and an annual pass to the Abe Montoya Recreation Center.

The following are the six categories: Women and men ages 16 – 35, 36 – 55 and 56 – 78. The biggest looser of each category will win a prize and a monthly pass to the Abe Montoya Recreation Center.

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