



2024 Holiday WAIST Challenge MEASURE-OUT

1. Register for the **Holiday WAIST Challenge** on [GSMU](#).
2. **Measure-out Clinic Calendar** below.
3. Individuals who meet the following values at the weigh-out clinic will be credited **\$50 HB**:
maintain waist circumference <35 inches for women or <40 inches for men
OR lose at least 0.5 inches if waist circumference is ≥ 35 inches in women and ≥ 40 inches in men

<p>Tues. Jan 2nd</p> <p>No. Collier Regional Park Admin Building Room A 7:30am-8:15am</p> <p>Growth Management Rooms 609/610 11:30am-1:00pm</p> <p>North Collier Gov Center Towne Hall Meeting Room 5:00pm-6:15pm</p>	<p>Wed. Jan 3rd</p> <p>Growth Management Rooms 609/610 7:00am-8:30am</p> <p>Main Campus Risk Training Rm 7:15am-8:15am 11:30am-1:00pm</p> <p>Everglades City—Council Chambers 12:00pm-12:15pm</p> <p>Main Campus Risk Training Rm 4:30pm-5:15pm</p>	<p>Thurs. Jan 4th</p> <p>Road & Bridge—Davis Blvd. 6:15-7:15am</p> <p>North Collier Gov Center Towne Hall Meeting Room 11:30am-1:30pm</p> <p>Immokalee Road & Bridge 4:30pm-5:00pm</p> <p>Immokalee Community Park Conference Room 5:15pm-5:35pm</p>
<p>Mon. Jan 8th</p> <p>Main Campus Risk Training Rm 7:15am-8:30am 11:30am-1:00pm 5:00pm-5:20pm</p> <p>Fleet Management Training Rm 11:45am-12:15pm</p>	<p>Tues. Jan 9th</p> <p>Main Campus Risk Training Rm 7:15am-8:30am</p> <p>Heritage Bay Government Center Conference Room, door #200 in back 8:00am-9:00am</p> <p>Pelican Bay Admin Truist Building 801 Laurel Oak Drive, Suite 102 12:00-12:45pm</p>	<p>Wed. Jan 10th</p> <p>Wastewater Collections 2nd Floor Training Rm 7:00-8:00am</p> <p>Golden Gate Community Center Room C 12:00pm-12:30pm</p> <p>Main Campus Risk Training Rm 5:00pm-5:20pm</p>



2024 Holiday Fitness Challenge

1. Register for the **Holiday Fitness Challenge** on [GSMU](#).
2. Join the Collier County Parks & Recreation Fitness Centers. Payroll deduct forms for membership available [HERE](#).
3. Exercise **at least 8 times per month** in **November** and **December 2023** to earn **\$50 HB**.
4. You must **swipe in** and **swipe out** and exercise for at least 30 minutes for credit. Attendance will be validated using the Parks & Recreation badge swipe system.