

Don't Miss our **FREE Kickoff Event**
Saturday, June 19th from 2:00-4:00
at Billy Taylor Park

2:00 – Learn about and register for Shape Up RI
3:00 – Basketball Games
4:00 – Prizes and Healthy Snacks



summer shapeupRI

Summer Walking! Summer Eating!



Summer 8-week Competition

8-week tracking

- ✓ pedometer steps
- ✓ weight loss
- ✓ fruits and veggies

2-week modules

- ✓ calories, nutrition
- ✓ stretching
- ✓ sleep tracking
- ✓ stress reduction

Summer Shape Up RI is **NEW**

- Track pedometer steps
 - Track weight loss
 - **NEW** Fruit and Veggie Tracking
- NEW** Optional 2 week modules include:
- Calories and nutrition, stretching, sleep and stress reduction

Get the tools to succeed!

Participants receive a digital logbook, online tracking system, health information, eligibility to win prizes and an optional pedometer and wristband.

Participants also receive access to hundreds of **FREE** events including yoga, rock climbing, spinning, kickboxing, nutrition seminars, and many more.

Mount Hope Community Sign Up For **FREE!!!**

A Shape Up RI staff member will help you register and give you a free pedometer at the locations and times below:

- Tuesday, June 15, 3:30-5:30pm
Rochambeau Library
- Wednesday, June 16, 3:00-6:00pm
King Elementary School
- Thursday, June 17, 3:00-5:00pm
Mt Hope Learning Center
- Saturday, June 19, 2:00-4:00pm
Billy Taylor Park

shapeupri.org

401 421.0608 info@shapeupri.org

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