



# 5,000 lb. CHALLENGE



## THIS IS OUR CHALLENGE. Come and Join Us!

The 50 Million Pound Challenge is Dr. Ian Smith's national campaign to join forces and fight the very real risk that being overweight poses to us, our families, and our community.

In support of that effort, we have created a local team to participate in the challenge. Join "Team Carson" today and help us meet our city-wide goal of losing 5,000 pounds!

Go to [www.50millionpounds.com](http://www.50millionpounds.com) and register as a member. Then join "Team Carson" and start your weight loss journey today! Together we can improve the health and wellness of our community.

For more information, please call (310) 830-9991  
Veterans SportsComplex & Fitness Center

Parks and Recreation Services