



City of Everett
Office of the Mayor
Carlo DeMaria, Jr.
484 Broadway
EVERETT, MASSACHUSETTS 02149

PRESS RELEASE

Monday, December 25th, 2017

COMMUNITY HEALTH & WELLNESS CENTER OFFERS NEW YEAR TRANSFORMATION CHALLENGE

Mayor Carlo DeMaria is pleased to announce that beginning on January 17th the Everett Community Health and Wellness Center will be starting the New Year Transformation Challenge.

Mayor DeMaria stated, “The New Year Transformation Fitness Challenge is a fun way to start the New Year off right and focused on your health and well-being.”

The trainers at the Health and Wellness Center explain that most people gain two to five pounds around the holidays. Studies show that weight gained over the winter holidays is not lost during the rest of the year. Overtime, this yearly weight gain accumulates and can cause issues in the future.

The Mayor wants to offer residents a program that can teach them how to keep off weight and stay healthy.

Members can sign-up at the Health and Wellness Center and will meet every Wednesday for a weekly weigh-in, for 8 weeks.

Participants will be offered a health journal, so that they can keep account of their food and exercise journey. All the challenge materials will be given out at the first meeting on January 17th at 5:15PM. The challenge costs \$35.00.

The winner of the challenge will earn a grand prize of three months free at the center and five free personal training sessions.

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