

# Odessa College

## *news release*

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For immediate release

### **Last week to sign up for the OC 30 for 30 Fitness Challenge**

ODESSA (Aug. 25, 2009) – You only have one week left to register for Odessa College's 30 for 30 Fitness Challenge.

OC is inviting the community to participate in its second annual 30 for 30 Fitness Challenge in celebration of its commitment to healthy minds, healthy bodies and healthy lives. The challenge is to move more! Exercise 30 minutes each day for 30 days Sept. 1 through 30.

OC's 30 for 30 Fitness Challenge participants must register at the OC Sports Center or online at [www.odessa.edu](http://www.odessa.edu) by Sept. 1. You must be 18 or older to register.

Participants will receive a free membership to the OC Sports Center during the challenge. Try out aerobics and water aerobics classes, the indoor pool and hot tub, indoor and outdoor tracks, weight room, racquetball court, Zumba, Pilates, Yoga, kickboxing, Boot Camp, Muscle Cuts and more. Plus, participants get a free T-shirt, lunch and learn sessions, weekly nutrition and exercise tips, and chances to win weekly prizes and a grand prize of a treadmill courtesy of Fitness Specialist.

OC's 30 for 30 Fitness Challenge is sponsored by Medical Center Hospital, City of Odessa, Fitness Specialist, Subway, Names and Numbers and Metabolic Research.

OC offers everyone in the community more opportunities to be healthy, have fun and get fit. For more information call the OC Sports Center at 335-6348.