



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, 2010) – 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 third annual 30 for 30 Fitness Challenge. We are challenging you to move more! Exercise 30 minutes each day for 30 days Sept. 1 through 30.

Participants will receive a one-month 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, Muscle Cuts and more. Plus, participants get a free T-shirt, lunch and learn sessions, weekly nutrition and exercise tips, and a chance to win one of three grand prizes.

OC’s 30 for 30 Fitness Challenge is sponsored by Odessa Regional Medical Center, City of Odessa, 2010 West Texas Crossroads Marathon and Half Marathon, PhyTEX Rehabilitation & Sports Medicine Associates and OC Wrangler Club.

OC’s 30 for 30 Fitness Challenge participants must register by Wednesday, Sept. 1 at the OC Sports Center or online at www.odessa.edu/30for30/. For more information call the OC Sports Center at 335-6348. OC Delivers ... healthy minds, healthy bodies and healthy lives.