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By [Deborah Allard](#)[Print Page](#)

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Fitness Challenge: Live up to those healthy resolutions

The Greater Fall River Fitness Challenge started Jan. 5 and has already drawn 530 people to sign up.

FALL RIVER — From Zumba to spin class, Greater Fall River Fitness Challenge participants are already strengthening their bodies and shedding pounds.

The program started Jan. 5 and has already drawn 530 people to sign up for the seventh annual challenge.

"Things are going well," said Annemarie Holly, youth leadership specialist for Greater Fall River Re-Creation, one of the organizations that founded the annual challenge.

Holly said fewer people have signed up for the challenge this year than last year so far, but attendance to fitness classes has been much higher.

"We've been getting really good attendance at the challenges," she said.

A Zumba class held at Re-Creation the day after last week's snow storm drew 70 people. Other challenges have seen attendance of up to 150 people.

Those who have considered joining, but haven't done so yet, still have time to make those healthy 2014 resolutions a reality.

The Fitness Challenge welcomes anyone who lives, works, or attends school in Fall River, Swansea, Somerset, or Westport, to sign up by Jan. 31. The program goes to the end of May.

When signing up, challenge participants will be weighed in and receive a packet of information about upcoming free and low cost workouts, nutrition classes, and more. The sign-up fee is \$5.

Participants may sign up at Greater Fall River Re-Creation, 72 Bank St., today to Thursday from 8:30 a.m. to 8 p.m. and Friday from 8:30 a.m. to 6 p.m.

A sign-up day is also scheduled at the Swansea Public Library, 69 Main St., on Tuesday, Jan. 28, at 5:30 p.m.

The program this year will offer more than 30 free fitness challenges, five nutrition classes, and free and low-cost workouts at eight gyms, over the five-month challenge.

Fitness centers participating include Greater Fall River Re-Creation, FitWorks, General Fitness, YMCA, Striking Beauties, and TKO Fitness, all of Fall River, and All Generations Fitness and Wiggle Kids in Swansea, in addition to other exercise opportunities, yoga, and walking groups.

The annual challenge helps people get healthy by offering support, advocacy, and awareness. It teaches individuals how to eat well, lose weight, get fit, and start or maintain a healthy lifestyle.

For more information call Re-Creation at 508-679-0922.



PHOTO/ HERALD NEWS PHOTO BY DAVE SOUZA

Joycelyn Albarnaz leads a class at General Fitness for the seventh annual Fall River Fitness Challenge.

Sign up for Fitness Challenge

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