

New Year

NEW YOU

Before & After Photos

The Family Recreation Center will be offering Before & After Photo opportunities at the end of each month to help you reach your fitness goals. Whether it's to lose 10 lbs. or run a mile in under 10 min., we are here to support and cheer you along the way.

Before & After Photo area will be available the last Friday - Sunday of the month.

WHAT MAKES FOR A GOOD BEFORE & AFTER PHOTO?

- 1. PICK A CONSISTENT MILESTONE. 12 WEEKS OR 30 DAYS IS RECOMMENDED.**
- 2. WEAR FITTED CLOTHING & WEAR IT FOR EACH PROGRESS PHOTO.**
- 3. PICK A POSE AND STICK WITH IT. USE THE SAME POSE EVERY TIME.**
- 4. DO A FRONT FACING AND SIDE FACING PHOTO TO SHOWCASE YOUR RESULTS.**
- 5. CHOOSE A GOAL YOU CAN REACH! MOST ARE SUCCESSFUL WHEN THEY CHOOSE ACHIEVABLE GOALS.**

