

# 2025 Shape Up in Faith Challenge Details:



**Call the Swan Family  
Wellness Center for more  
details: 940-216-2379**

- \$40 entry
- 100% of the money goes back to the winners. (Male and Female)
- The start date is Jan 20th.
- Weigh in any day between January 7th-20th
- End date is March 24th
- 10-week weight loss challenge. With a focus on losing body fat % not just overall weight.
  
- To ensure transparency and fairness, participants will be using our scale at the Wellness Center so that it is standardized with a measurement of current body fat %.
  
- We're excited to announce that our expert personal trainer, Broc Terry, is available and eager to work with participants throughout the challenge! Plus, anyone who signs up for the challenge will receive an exclusive discount on personal training sessions with Broc to help maximize their results.
  
- Normal price is \$50 a session
- Discount price is \$30 a session