



New Challenge from Youfit® Can Have You Healthier & Wealthier in 60-Days

60-day Countdown to Change offering over \$200,000 in prizes ends just in time for the holidays

DEERFIELD BEACH, FLORIDA, UNITED STATES OF AMERICA, September 12, 2016 /EINPresswire.com/ -- [Youfit®](#) Health Clubs across the country can help you slim down just in time for the holidays with the 60-day Countdown to Change. This brand new YouCoach led program is designed to help participants lose weight the healthy way with check-in points requiring heart rate measurements and photos in addition to weight. In just 60 days, participants will be slimmer, healthier, and with over \$200,000 in prizes, maybe a little wealthier too!

“This challenge has really taught me to make a habit of getting to the gym on a daily basis,” said Merton Wheeler, a Youfit Health Clubs 2015 Countdown to Change winner. “One of the things that kept me motivated to keep pressing forward was seeing myself progress towards a goal. It just kept me motivated knowing I was on the verge of something unique.”

During the 60-day Countdown to Change, participating members will have access to boot camp classes twice a week (a \$1,500 value) and specialized email content with healthy recipes, tips and workout plans. Participants will weigh in and check their resting heart rate at the beginning of the Countdown to Change (no later than Sept. 24), and will re-check their progress at the halfway point and again at the end of the challenge. The top male and female will each win \$5,000. The second-place male and female will each receive \$3,000, and the third-place male and female will each receive \$1,000. There will also be individual club winners who will receive a complimentary 1-year Lime Card membership plus, one free YouCoach session per month for 12 months.

“I was shocked that I was able to reach those goals (that I set for myself). The fact that I was able to lose so much weight in 60 days is a blessing,” exclaimed Tony Spates, a Youfit Health Clubs Countdown to Change winner. “The experience was great. The fact that every time I came in the morning or afternoon the front desk staff would keep me motivated and keep me going, as well as other people in the Countdown to Change challenge, it helped a lot.”

The Countdown to Change kicks off in September and ends in November, just before the Thanksgiving holiday. Starting now through Sept. 24*, members interested in participating can sign up individually for \$30 or in pairs for a discounted price of \$25 each. Nonmembers who are interested in joining the Countdown to Change can join Youfit for just \$1 down until Sept. 27.

Check out www.youfit.com/countdowntochange for more information.

*Disclaimer: Must sign up by Sept. 24, 2016 and check in three times during the challenge: Once before Sept. 24, once between Oct. 17 and Oct. 22, and once between Nov. 17 and Nov. 22 to be eligible to win prizes. Complete rules & details can be found at www.youfit.com/countdowntochange

About Youfit® Health Clubs

Youfit Health Clubs, founded in 2008, is a chain of budget-friendly fitness centers with over 115 locations across, predominantly in the South and Western US. Youfit was founded by Rick Berks with the aim of creating gyms with a welcoming environment where everyone fits-in at a low price starting at \$10 per month. Youfit places a great emphasis on environmental responsibility. Its gym floors are made from Nike Grind and other recycled rubber materials, and each Youfit location practices additional eco-friendly initiatives. For more information, visit www.youfit.com.

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Peyton Sadler
Ink Link Marketing
305-631-2283
email us here

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