



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE

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South Suburban's Buck Recreation Center Offers

Free Weigh and Win Program

South Suburban's Buck Recreation Center is the newest District facility to offer the free Weigh and Win program, through a partnership with the City of Littleton and Kaiser Permanente. Weigh and Win pays individuals to achieve a healthy weight; for those already at their ideal weight, the program provides incentives and rewards for maintaining it. Success is measured and tracked through quarterly weigh-ins at a kiosk located inside Buck Recreation Center. Participants also have the support of a variety of online coaching tools to help them realize their goals. Weigh and Win kiosks are also located at South Suburban's Goodson and Lone Tree recreation centers, and are available to the public. Buck Recreation Center is located at 2004 W. Powers Ave., Littleton. For more information, visit www.weighandwin.com. Interested individuals can also sign up at the Buck Recreation Center kiosk.

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