

How do you lose 50 million pounds?

The City of Niagara Falls is participating in the “50 Million Pound Challenge” organized nationally by author Dr. Ian Smith. Be a part of the city’s September 12 health walk as we leg-it from City Hall to Memorial Medical Center.



We are pleased to announce our partnership with the 50 Million Pound Challenge. Dr. Ian Smith, founder, has challenged the city of Niagara Falls to take on a healthier lifestyle. What this means is you will have access to a host of tools to help you monitor and maintain your health. Best of all, these tools and resources are free. The Challenge site includes a Weight Tracker, Exercise Tracker, Journal, 30 Day Meal Plan and a Shopping List. You do not have to follow the menu. This is just another way to help you reach your goals.

The 50 Million Pound Challenge is an unprecedented health campaign that is changing America and saving lives. Since its inception in 2007, more than 1,000,000 people have registered and lost more than 4 million pounds.

Excessive weight and obesity are the causes of a health crisis threatening nearly half of all Americans. Heart disease, stroke, diabetes, cancer and other illnesses result as effects from being overweight and claim the lives of too many loved ones.

Registering for the 50 Million Pound Challenge is free and your information is confidential. All registrants will be identified by a screen name that you choose. When others go to the team to join, they will only see your screen name and pounds lost. It is a known fact that when people join teams, they lose 25% more than those who register individually. To help you motivate each other, we have developed our own team. Our team name is Niagara Falls Wonders. To join, you can click on Niagara Falls Wonders or follow the team instructions heading below.

Once you register, you are well on your way to a healthier lifestyle. Each registrant will generate a dollar for the City for future health initiatives. All you have to do is join the team and continue to update your profile and bring others onboard.

Good luck to everyone. Let’s get healthier together!

Join Team “Niagara Falls Wonders”

- Go to www.50millionpounds.com and click on “TEAMS” in the upper right corner
- Left click on search and type in “Niagara Falls Wonders”
- Left click on “Join Team”
- Either register or just sign in and then join our team.

Join the team, meet the challenge and help our nation drop 50 Million Pounds!

