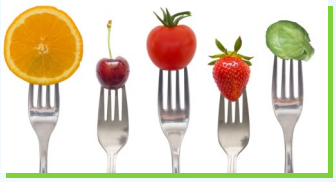
Lose It! Track It! Win It!

60 DAY CHALLENGE

One thing is universal in January: a desire to start the new year in a healthy way. This month, take a health challenge in honor of Weight Loss Awareness Month and join our 60-day challenge to eat better, exercise more & maintain a healthier lifestyle!

January 12th & 13th (First Weigh-in) - March 9th & 10th (Final Weigh-in)
6:30 a.m. - 8:00 a.m.



The winners will be determined by the **body fat percentage reduced + weight loss percentage**.

1st place receives 45% of the total amount of cash collected.
2nd place receives 20%.
3rd place receives 15%.
4th place receives 10% for submitting the most minutes of exercise recorded.
*10% will go into the Wellness Committee Fund for future events.

$20 CASH TO PARTICIPATE

First weigh-in is Thursday, January 12th or Friday, January 13th from 6:30 a.m. - 8 a.m.

The **first weigh-in** and the **last weigh-in** ar *required* in order to determine the winners.

There will be weigh-ins (minus measurements) every Friday for your convenience from 6:30 a.m.-8am; just ask the front desk staff at the Recreation Center.

If you have any questions, please contact:
Shelby Bartlett, Katie Blood, Yvonne Castillo, Larry Erdmann, Randy Koloff, Elaine Rich or Jamie Walgren