

# Life Center's WEIGHT LOSS CHALLENGE

Did you put some extra weight on over the holiday season?  
Is losing weight and becoming healthier one of your new  
year's resolutions?

Come register for our weight loss challenge!

## When:

Sat January 9<sup>th</sup> at 9:00 in the Fitness Center

Cost: \$20.00

## What's included?

Meet with a trainer who will take your starting  
measurements, weight and body fat %.

Meet with a nurse who will track your starting blood  
pressure.

Everyone will be given workout guidelines and general  
information about healthy nutrition.

## Duration: 8 weeks

Come Saturday March 6<sup>th</sup>, 9:00 am for your final  
measurements and weigh in. See how your blood pressure  
changed! We will notify the winner within one week.

Winner will also be featured in the  
Fitness Center News Success Stories!

## **Prizes!**

Prizes will be given to the top three  
members who lose the most body  
mass by percentage.

