

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 14th at 9:00 in the Fitness Center

Cost: \$20.00

What's included?

Meet with a trainers who will take your starting
measurements and weight.

Meet with a nurse who will track your starting blood
pressure and who will track the changes as you progress.

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

Duration: 8 weeks

Come Saturday March 3rd , 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.

