

THE WACC'S BIGGEST LOSER ★ CONTEST ★

Objective:

The objective of the Biggest Loser competition is to encourage individuals to gain healthy wellness habits and lose unhealthy habits as they participate in the competition.

Dates and Times:

The competition begins on January 15th with an initial weigh in at the Walker Area Community Center. The competition will continue until April 15th with a final weigh in.

- Weekly weigh ins
- Receive weekly newsletter with recipes and updates
- Information will be tracked confidentially
- Participants must have an active membership at the Walker Area Community Center

Weigh In:

Each individual will be given a participant number to ensure confidentiality. After each weekly weigh in, the current weight and percentage of weight loss will be posted. Individuals can follow their progress as well as that of other participating in the competition. This competition encourages healthy weight loss. Female participants are encouraged to lose no more than 2 pounds per week and male participants no more than 3 pounds per week.

Prizes:

The individual who has the highest percentage of weight loss will receive \$300; the individual with the second highest percentage of weight loss will receive \$200.

Other Information:

Registration forms available at the Walker Area Community Center and must be received no later than January 15th, 2011.

For questions or more information contact the Walker Area Community Center at 218-547-1853.

The Walker Area Community Center is documenting the progress of your weight loss. We are not doctors or nutritionists. We are not recommending any diets or weight loss programs. We are simply giving you the opportunity to track your weight during a three month period and promoting healthy activity. You will participate in the Biggest Loser contest at your own risk. We are not responsible for your own health and are responsible for your actions.