



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2012 WEIGHT LOSS CONTEST!

Start the NEW YEAR with a **NEW
YOU!!**

Registration is OPEN!!

Contest starts January 1st
and lasts 12 weeks.

Your contest join fee* entitles you to:

**FREE ½ hour session with a personal trainer

**A booklet full of information with extra room for weekly healthy tips, recipes and exercises to try

****CA\$H PRIZES!!!** The more people who enter the contest, the higher the prizes!!!

**Discounts for personal trainer sign-ups!!

**Monthly challenges!

Any questions?? See a Wellness Center staff member!!

