

# **CCAC - Biggest Loser 13 week Challenge**

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## **FIRST TEN TO SIGN-UP RECEIVE FITNESS JOURNAL**

**Sign-up**

**starts**

**Aug. 16, Monday**

**Challenge**

**dates**

**Sept. 13 - Dec. 6, 2010**

### **PRIZES TO THE TOP 3**

**most body fat % lost  
greatest decrease in waist  
most cholesterol-points lost**

**\$ 80/Member**

*min. 10 | max. 20*

*Includes:*

*Wellness Screening - by appointment*

*(Complete Lipid Profile, Glucose, Body Fat Analysis, Blood Pressure)*

*Waist Measurement*

*Ten Weekly Group Training Sessions: LAST CHANCE WORKOUT*

*#208240-01*

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**Contact person: Nannette Dukes,**

**Fitness Coordinator**



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