

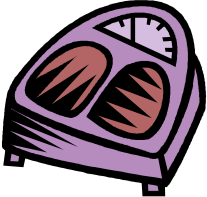


Clinton County Family YMCA

The Y's NO EXCUSES Weight Loss Competition

Clinton County Family YMCA's FIRST EVER 12 week weight loss competition
Cash prizes for top **TEAM** and top **INDIVIDUAL**
Based on % weight loss

\$1,200 In Prize Money!



Grab a team of 5 or Less OR enter by yourself!

50 or more participants must be signed up by Feb 10th, or the program will be cancelled and refunds provided

Contacts: Cindy Beebe & Chris Cates

Details:

- \$500 prize for top team PLUS \$500 for top individual based on % of weight loss PLUS a \$200 prize for most YMCA workout visits over the 12 weeks
- Kick start meeting Feb 13th at 6:00 pm
- Weekly weigh in (must wear light clothing to weigh in and weigh out)
- Weekly information about health, nutrition, and exercise
- Weekly rankings of teams and individuals
- Final meeting and prize presentation May 7th
- \$50 per Y members, \$150 per non-members (non-members fee includes facility and class usage during the 12 week competition)

GREAT competition between family, friends, co-workers, school, companies, etc...

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