

SLIM TO WIN CONTEST

The Slim to Win contest is a weight-loss contest designed to improve the overall health of the participating contestant. The Slim to Win contest will last for six months beginning February 4th and continuing until the final weigh-in and body composition test on Saturday, August 4th. A six-month membership commitment to the Legacy Center is required to enter the contest. The Slim to Win contest will include nutritional information along with weekly team workouts with a personal trainer and a team colored t-shirt. Prizes will be awarded to the top 'loser' of both weight/body composition percentage. Rules and introduction of teams and each team's personal trainer will be announced on Saturday, February 4th at 9 am at the Legacy Center. The first Saturday of each month during the contest, there will be mandatory weigh-in and body composition test at 9 am.

Application packets are available at the Legacy Center and can be downloaded at the city's website and are being accepted now. Applications and payment of \$150 are due Saturday, January 21, 2012 and maybe turned in at the Legacy Centers Health Fair on that same day from 10 am to 1 pm or at the Registration office anytime prior to that date. Registration hours are Monday through Friday, 8 am to 6 pm, closed holidays