



LEHI LEGACY CENTER SLIM TO WIN 2013

Lehi's weight loss 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 in January and continuing until the final weigh-in and body composition test on Saturday, July 6th. A six-month membership commitment is required to enter the contest. The Slim to Win contest will include nutritional information along with one weekly team workout with 'their' personal trainer and a team colored shirt.

Prizes will be awarded to the top 'loser' of both weight/body composition percentage. Rules and introduction of each team's personal trainer will be announced on Saturday, January 5, 2013 at 8 am. The first Saturday of each month during the contest, there will be informational meeting at 8am.



Get Healthy, Lehi!



Applications are being accepted now!

×QUICK FACTS

- WhatWeight Loss Contest
- WhereLehi Legacy Center
- WhenApplications due before November 30 by 6pm
- WhoAnyone with a BMI greater than 30 and 50lbs over weight.
- Fee\$190 and a commitment to a 6 month membership @ the Legacy Center.

Number of Classes- weekly workouts w/ trainer and monthly weight ins. Includes team shirts and a prize given to top "Loser" in weight and body fat %. Applications can be picked up at the front desk or downloaded at www.lehi-ut.gov

INFORMATION

- Start Date Jan 5th – 1st weigh-in- Sat @ 8am
- End Date July 6th – Last weigh-in-Sat @ 8am
- Register in person at the Registration office @ the Lehi Legacy center.
- Sponsors needed – Please!



Lehi Legacy Center
123 N Center St.
801-768-7124



www.lehi-ut.gov/legacycenter



Post until 2/4/12

SLIM to WIN