



Get Healthy, Lehi!

SLIM TO WIN

2017

QUICK FACTS

WHAT Slim to Win
 WHERE Lehi Legacy Center
 WHO Anyone with a BMI greater than 30 or 50 lbs over weight.
 WHEN See dates below
 FEES \$250 and a commitment to a 6 month membership @ the Legacy Center.

REGISTRATION

Registration and applications are accepted between November 1 - December 16, 2016 by 6:00 p.m.

Registration Deadline: December 16, 2016

Register at the Legacy Center Back Office during normal business hours.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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Follow us on Twitter!
www.twitter.com/legacycenter

SLIM TO WIN

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 June 24, 2017. A six-month membership commitment is required to enter the contest. The Slim to Win contest will include nutritional information, one weekly team workout with a 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 7, 2017 at 8:00 a.m. The first Saturday of each month during the contest, there will be informational meeting at 8:00 a.m.

DATES

Applications Accepted	November 1 - December 16
Start Date	January 7, 2017 - First weigh-in at 8:00 a.m.
End Date	June 24, 2017 - Final weigh-in at 8:00 a.m.
Finale	June 27, 2017 @ 7:00 p.m.

INCLUDES

Weekly workouts with a trainer are included. You will also have monthly weigh-ins, team shirts and prizes given to the top "Loser" in weight and body fat %. Pick up applications at the front desk, registration office or download at www.lehi-ut.gov

LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center



RECREATION

REGISTRATION HOURS
Monday-Friday
8 a.m. to 6 p.m.