



Get Healthy, Lehi!

SLIM TO WIN

2019

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 \$260 and a commitment to a 4 month membership @ the Legacy Center.

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 four months beginning in January and continuing until the final weigh-in and body composition test on April 27, 2019. A 4-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 5, 2019 at 8:00 a.m. The first Saturday of each month during the contest, there will be informational meeting at 8:00 a.m.

REGISTRATION

Registration and applications are accepted between November 1 - December 14, 2018 by 6:00 p.m.
 Registration Deadline: December 14, 2018

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

MORE INFORMATION



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



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DATES

Applications Accepted	November 1 - December 14
Start Date	January 5, 2019 - First weigh-in at 8:00 a.m.
End Date	April 27, 2019 - Final weigh-in at 6:00 a.m.
Finale	April 30, 2019 @ 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



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