

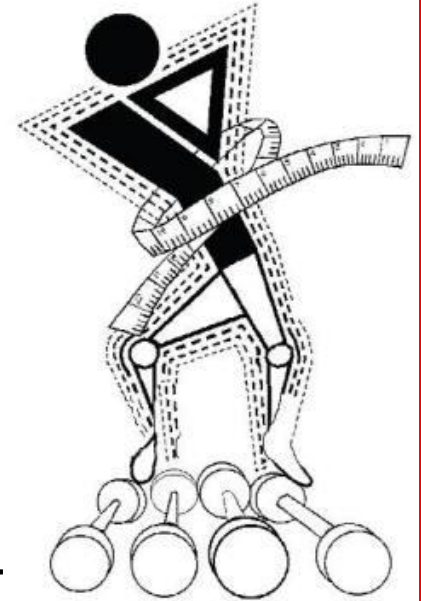


Owen County Family YMCA

# Get Fit

Team Weight Loss

# Challenge



**March 16<sup>th</sup> – June 1<sup>st</sup>**

**YOU can achieve your weight loss goals!**

**Teams of 4 compete weekly to lose the largest combined percentage of body weight.**

**Teams with the greatest percentage lost at the end of the 11-week challenge will win the grand prize. Prizes will also be awarded for weekly winners**

***Program Includes:*** YMCA Trainers, Nutritionist, Use of YMCA Facilities, Support of Teammates, Weekly Educational Meetings, and Weigh-ins every Tuesday.

***To Register:*** You may register as an individual or team. Complete the registration form on the reverse side of this flier and return it to the YMCA before March 12<sup>th</sup>.

***Fee:*** \$50 for YMCA Members, \$100 for Nonmembers

**Mandatory Team Meeting and Weigh-In Will Be Held March 16<sup>th</sup> at 6:00 pm**

Purdue Extension  
**Knowledge to Go**  
1-888-EXT-INFO

For more information please contact the YMCA at (812) 828-9622 or visit [www.owencountyyymca.org](http://www.owencountyyymca.org)

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