

# THE BIGGEST LOSER



**LET'S STICK TO THOSE NEW YEARS RESOLUTIONS!**

**- OFFICIAL EVENT START DATE AND 1ST WEIGH INS: MONDAY, JAN. 29th**

**- REGISTRATION DEADLINE FOR EVENT: SUN. JAN. 28th**

**-SIGN-UP AT THE MAIN UPSTAIRS FITNESS CENTER DESK**

**6-WEEK PROGRAM WILL INCLUDE:**

⇒ REGULAR CONTACT WITH A CERTIFIED PERSONAL TRAINER

⇒ WEEKLY WEIGH-INS, EXERCISE AND NUTRITION TIPS

**AWARDS TO OVERALL BIGGEST LOSERS  
IN BOTH THE MALE AND FEMALE CATEGORIES AND THE  
WINNING TEAM**

**COMPETE FOR A FIT BIT FLEX 2**



The Fitbit Flex 2 tracks running, walking, dancing, basketball and even sleeping!  
It also syncs up with a motivational web and mobile experience. So put it on and  
**GET MOVING!!**