

# Lose2Win

## NEW YEAR'S WEIGHT LOSS COMPETITION



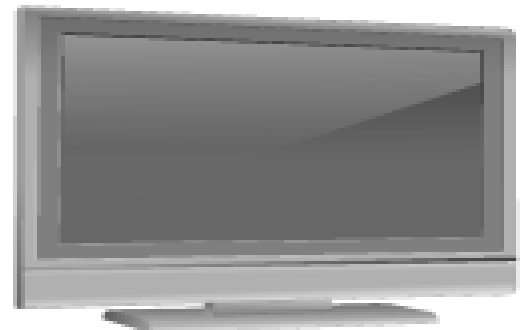
### COMPETITION RULES:



- ✕ Competition will begin January 11, 2010 and end March 8<sup>th</sup>
- ✕ Three FREE group training sessions will be offered weekly!
- ✕ Results will be calculated on biggest change in body fat percentage, not total weight loss.
- ✕ Mandatory weigh-ins will be Jan. 11-12, Feb. 1-2 & Mar. 8-9
- ✕ Please see Jordan, Shawn or Pat for all the details and to sign-up!

### FIRST PLACE WINNER:

- ✕ 50" PLASMA TV
- ✕ \$100 Gift Certificate to Fleet Feet
- ✕ (1) Year FREE single membership to The Matrix



### SECOND PLACE WINNER:

- ✕ (1) Year FREE single membership to The Matrix
- ✕ \$100 Gift Certificate to Fleet Feet