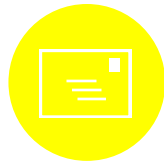


The “Better Weigh” to lose weight and lead a healthy lifestyle.

Wellness is not all about just losing weight. Wellness is a combination of spirit, mind, and body. We need to look at the whole picture. Wellness is about exercising enough at the right intensity, eating the right foods in the right quantities, and about having the right mental and spiritual attitudes about ourselves and everyone around us. Wellness is the whole picture.



A weight loss
Challenge
with prizes.
2 person teams
3 month program
May 10th - July 31st

Miami County YMCA
34 East Sixth Street
Peru IN 46970

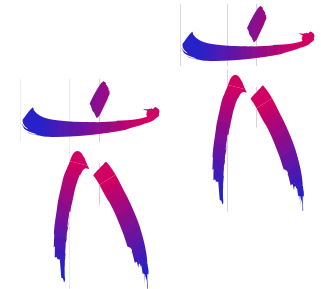
Phone: 765 472-1979
Fax: 765 472-6025
E-mail: kbrehmer@mcymca.org
Web Site: www.mcymca.org



We build strong kids,
strong families,
and strong communities.



The Miami County YMCA “Better Weigh”



**A weight loss
Challenge
with prizes.
2 person teams
3 month program
May 10th - July 31st
Entry Fee:
\$25/person/members
\$50/program member
(1 time/week with coach)
\$125/3 month membership**

Rules of Engagement

- ⇒ It is highly recommended that you check with a physician before starting this or any exercise program.
- ⇒ Teams will consist of two people.
- ⇒ The contest lasts for two months (The Y will provide your team with an accountability coach once per week. You may recruit your own Coach if you wish.)
- ⇒ Winners will be based on % of weight lost.
- ⇒ Pregnant women may not participate.
- ⇒ Participants may only be on one team.
- ⇒ You must participate in weekly weigh-ins.
- ⇒ Measurements will be taken at the beginning and the end of the contest.
- ⇒ No stripping at weigh-ins.
- ⇒ Wear the same type of clothing when weighing in at the beginning and end.
- ⇒ No weighted objects for the initial weigh-in.
- ⇒ You may not participate if you have or are having any kind of weight loss surgery.

Workshop & Challenge Schedule

Workshops 6 p.m.

May 17th: Meet your coach

TBA: Food Pyramid
What should I be eating?

TBA: Grocery shopping
What to put in the cart.

TBA: Awards Ceremony
Healthy pitch-in

Bingo Exercise Challenge

- ⇒ **You must participate in a full class or 45 minutes in nautilus or lap swim then get the instructor to initial your card.**
- ⇒ **Bingo up and down, side to side, or diagonally**
- ⇒ **Your name goes in a drawing for great prizes including a three month YMCA membership.**

Divisions

Division 1: One or both members of the team have 20 or more pounds to lose according to their BMI.

Division 2: Both team members need to lose less than 40 lbs. combined

Cost: \$25/YMCA members
\$50/Non-members for once per week meeting with Coach.
\$125/Y 3 month memb.

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