

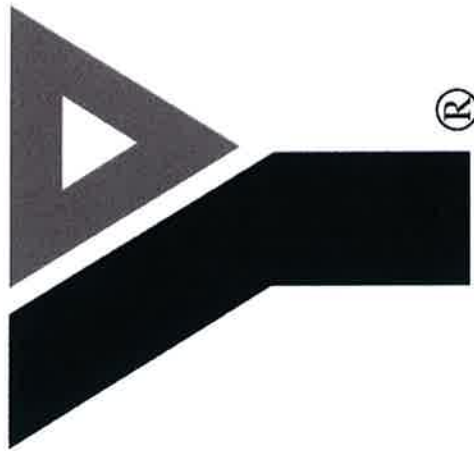
Q&A

This is a 10 week competition to determine who can lose the most weight / body fat in a healthy manner, and also to motivate and educate participants to adapt new healthy lifestyle habits and acquire new fitness knowledge.

Individuals participating in the program will have four weigh-ins on March 15-19, April 5-9, April 26-30, and the final May 16-19, 2010. Weigh-ins will be at the Waynesboro YMCA, any front desk attendant can record your weigh-in. To be eligible for final prizes, contestants must make all weigh-ins. Participants can enter in individual or team categories.

Classes will be held periodically and attendance is not required (but it is highly recommended). These sessions will cover how to improve body compositions and adapt healthy lifestyle habits. Subjects will include proper nutrition, meal planning, healthy lifestyle, workout design.

Final contest awards will be made based on the percentage of weight lost.



LOSE TO WIN

Waynesboro Family YMCA
648 S. Wayne Ave.
Waynesboro VA 22980
Phone: (540) 943 YMCA
Fax: (540) 932-7582

LOSE TO WIN
2010
LOSE TO WIN

Q&A

You have Questions
We have Answers

2010 Lose to Win

Start: Monday March 15th
End: Wednesday May 19th

Master of
Cupid

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COST:

Member / non-member

INDIVIDUAL: \$20 / \$30

TEAM: \$80 / \$120

Individuals participating in the program will have four weigh-ins on *March 15-19, April 5-9, April 26-30, and the final May 16-19, 2010*. To be eligible for final prizes, contestants must make all weigh-ins.

INDIVIDUAL or TEAM CAPTAIN:

Are you a YMCA member?

Yes fill out this box

No fill out this box

Name:
Email:
Age:
Alias:

Name:
Address:
Phone:
Email:

Members need to only fill out name, email, age.

Non-members fill out all.

TEAM NAME:

Team Member 2

Name:
Email:
Age:
Emergency contact
Relationship to you
Emergency #
Address:
Phone:
Birthdate:
Alias:

Standings will be posted after each weigh in and you may choose to use an alias for anonymity

Team Member 3

Name:
Email:
Age:
Emergency contact
Relationship to you
Emergency #
Address:
Phone:
Birthdate:
Alias:

Standings will be posted after each weigh in and you may choose to use an alias for anonymity

Team Member 4:

Name:
Email:
Age:
Emergency contact
Relationship to you
Emergency #
Address:
Phone:
Birthdate:
Alias:

Standings will be posted after each weigh in and you may choose to use an alias for anonymity

Team Member 5:

Name:
Email:
Age:
Emergency contact
Relationship to you
Emergency #
Address:
Phone:
Birthdate:
Alias:

Standings will be posted after each weigh in and you may choose to use an alias for anonymity

REGISTRATION

2010 LOSE TO WIN