



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# START BIG END SMALL

## SMALLEST WINNER WEIGHT LOSS COMPETITION

Challenge yourself and your team to lose the most weight over a 12 week period. Participants will experience...

- One 30 minute individual session per week
- One 60 minute team session per week
- Motivation and accountability from your team and trainers
- Weekly weigh-ins
- Prizes for our winners

See your Welcome Center Staff to sign up today!

