



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER MELT DOWN

## WEIGHT LOSS CHALLENGE INFO FOR GETTING STARTED

Call **NOW** to reserve your spot! Space is limited!

### MEET THE TEAM KICK OFF/ORIENTATION:

Attend the orientation meeting on **January 11 at 6:00 pm.**

Everyone on the team must be present for the first weigh-in.

### TEAM CHALLENGE: February 8 and March 14

Teams of 3-6 members will:

- Be coached by a Y personal trainer 1x a week for 9 weeks (You will be grouped with a trainer that best meets your availability)
- Keep an exercise log
- Be coached by a Dietician in a classroom setting
- Weekly food journal evaluations
- Weigh-in weekly with your team
- Weekly wellness challenges and tips
- Daily motivation and inspiration

**FEE:** Member Only \$100 for early birds/ \$125 after January 6, 2012.

Included in the fee is the cost for Team T-shirts and pedometer.

### WINNERS:

Each participant on the team with the greatest combined average pounds lost wins 6 1-hour personal training sessions, a T-shirt and a Y goodie bag!



**TUSCARAWAS COUNTY YMCA**

600 Monroe Street, Dover 330-364-5511 [www.tuscymca.org](http://www.tuscymca.org) facebook