

# Shawano COMMUNITY Weight Race



Presented by  
**Advanced**  
Physical Therapy  
& Sports Medicine

**12-WEEK CHALLENGE**  
**INITIAL WEIGH-IN: JANUARY 1ST-8TH**  
**CONTENT BEGINS: JANUARY 8TH**  
**FINAL WEIGH-IN: MARCH 25TH-28TH**  
**AWARDS: APRIL 4TH**

*The Community Weight Race is a competition that challenges teams of participants to lose weight and create a healthier lifestyle.*

*The only requirement of the challenge is to participate in initial and final weigh-ins!*

*Cost:*

ALL WEIGH-INS DONE VIRTUALLY

\$75 FOR TEAMS OF 3-5 PARTICIPANTS

\$30 FOR INDIVIDUALS

*Cost Includes:*

- T-shirt
- Weekly education topics
- Free Wellness Screen
- Total Fitness Punch Card
- and much more!



*Entry fee must be paid in full prior to participating in any weigh-ins. This challenge is open to those 18 years of age and older. Specific rules and regulations apply, see Facebook for details @ Shawano Community Weight Race 2024*

*How to Register*

- 1 Create your team**
- 2 Register using QR code**
- 3 Complete initial weigh-in January 1st-8th**



*For more information:*

**CONTACT: ALEXA**

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*Win Prizes*

**PRIZES | 4 WAYS TO WIN**

## **#1 EARN POINTS FOR PARTICIPATION**

Participating in events, workshops, presentations, completing challenges. This is perfect for participants that want to be healthier but may not necessarily want to lose any weight. Points will be calculated into a composite score to qualify for a prize.

## **#2 LOSING 7% OF TOTAL BODY WEIGHT**

Any individual that makes the 7% mark will be recognized & receive a cash prize. Losing as little as 7% can take you out of an 'at risk' category!

## **#3 LOSING 10% OF TOTAL BODY WEIGHT**

Any individual that goes the extra mile to lose 10% will receive a larger cash prize!

## **#4 GRAND PRIZE!**

The team in each category (all male, all female, co-ed) that has everyone lose at least 10% will win a team CASH prize.

*Follow us on Facebook:*

**Shawano Community Weight Race 2024**