

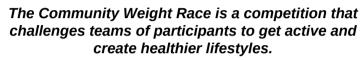


12-WEEK CHALLENGE

JANUARY 3RD - MARCH 28TH

Initial Weigh Ins:

January 3rd & 4th from 7:00 am -11:00 am OR 2:00 pm - 6:30 pm



Both in-person and virtual weigh-in options available. In-person option includes wellness screenings, located at 2918 Post Road, Stevens Point!

Cost:

\$75 for teams of 3-5 participants \$30 for individuals

Cost Includes:

- T-shirt
- Tracking Calendar for progress and successes
- Weekly education topics
- Opportunities for discounts and free gym membership trials
- 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 @ Community Weight Race 2024.

Win Prizes

PRIZES 4 WAYS TO WIN

#1 EARN POINTS FOR PARTICIPATION

Participating in events, presentations, completing challenges.

This is perfect for participants that want to be healthier but may not necessarily want to lose any weight.

#2 LOSING 7% OF TOTAL BODY WEIGHT

Any individual that makes the 7% mark will be recognized & receive a cash or in-kind 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 or in-kind prize!

#4 GRAND PRIZE!

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

How to Register:

- Create your team
- Register using QR code here or online at: https://forms.office.com/r/YhXQmUqBe5
- 3 Complete initial weigh-in January 3rd and 4th from 7:00 am 11:00 am or 2:00 pm 6:30 pm. Please call (715) 345-2126 to set up your weigh in!





Contact: Lynsey Hansen

Ihansen@advancedptsm.com or call our South Clinic at:

(715) 345-2126

Find us on Facebook: