



# COMMUNITY Weight Race



Stevens Point, Plover & Wisconsin Rapids  
2024

**Advanced**  
Physical Therapy  
Associates

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

*The Community Weight Race is a competition that challenges teams of participants to get active and create healthier lifestyles.*

*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.

*How to Register:*

- 1 Create your team
- 2 Register using QR code here or online at: <https://forms.office.com/r/YhXQmUq8e5>
- 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!



*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!



*For more information:*

**Contact: Lynsey Hansen**

lhansen@advancedptsm.com

or call our South Clinic at:

(715) 345-2126

*Find us on Facebook:*

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