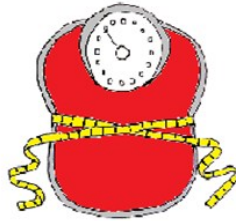


**Free
to
Participate**



**Scale Back
Santa Barbara**



**2014
Challenge**

**Free
to
Participate**



Weight Loss Challenge

Everyone 18 and older is invited to join.

January 20 to March 30, 2014

(Weigh-in anytime during the challenge. Weigh-out March 31 to April 13, 2014)



THE GOAL...

**is for each participant
to lose 1 to 10 pounds
in 10 weeks
and
all of Santa Barbara
to lose 10,000 pounds
in 10 weeks
by eating a little less and
doing a little more.**

TEAM UP...

**research shows you are 3 times
more likely to lose weight by
participating with
others.**

For Information:

ScaleBackSB.org

To register and/or contact:

ScaleBackSB@gmail.com