



"LIGHTEN YOUR LOAD" in 2019

Competition @ Waukon Wellness Center!!

Waukon Wellness Center is excited to see you meet your health and weight-loss goals for 2019, so we would like to offer you an incentive to get the ball rolling!! "Lighten Your Load" is a "*profitable*" weight-loss competition!

Whether you desire to lose a few pounds or a few pounds x10 😊, this is for you!!

The rules are simple:

- 1) Cost is **ONLY \$20** with **100% PAYBACK** going to top 3 winners in Women's and Men's categories!! Overall winner receives a **FREE 1-Year Membership to WWC!!**
- 2) Beginning, confidential weigh-in **between Jan 2nd and Jan 8th** with WWC staff.
- 3) Monday or Tuesday for the next 15 weeks, independently weigh in @ WWC, record weight & member # and drop into "**Lighten Your Load Dropbox.**" Must weigh in 10 of the 15 weeks to be eligible for prizes.
- 4) Wednesday of each week, "Percentage of Weight Loss Chart" will be updated for you to see your progress (& your competition's 😊)!!
- 5) Final weigh-in **April 22nd or April 23rd** with WWC Staff.



*Lighten Your Load..... on your feet, on your legs, on your back, on your heart, your hips, & so much more.... & on your self-esteem!! **GO FOR IT!!***

PS Must be a member of Waukon Wellness Center to participate. **NOT** a member?? – No Problem – Join now to participate and reap **many** rewards!! 😊

Please return bottom portion with payment to Waukon Wellness Center

Registration Form

Name _____ Member # _____ Male _____ Female _____

Phone# _____ COST \$20 _____