

The SPOONER ADVOCATE *presents*



12 WEEK LOSIN' IT!

HEALTH & WELLNESS
CHALLENGE

The event everyone is talking about!

Join the area's largest local and regional

Weight Loss and Fitness Challenge!

TOP PRIZE IS **\$1,000!**

Discounted Workouts!
Weekly Prizes!

Weigh in or work out at an official location to be entered to win!

DATES AND LOCATION

Weigh-In – January 4 • Weigh-Out – March 28

SPOONER 10AM-2PM

Ag Research Station • W6646 Hwy. 70

HAYWARD 4-8PM

Comfort Suites • 15586 Cty. Rd. B

PRIZES:

- Weight Loss Challenge – Top Team Prize – \$1,000 in each city challenge!
- Fitness Challenge – \$250 top prize.

COST TO ENTER:

- Weight Loss Challenge – \$20 online before 12/30/15 or \$25 at the door.
- Fitness Challenge – \$15 online before 12/30/15 or \$20 at the door.

GENERAL RULES AND INFORMATION:

- \$1,000 Weight Loss Challenge – Pick a teammate, weigh-in at an official weigh-in location, check in weekly, weigh out, team with most weight loss by % WINS!
- Fitness Challenge – Pick a teammate. Sign up online or at one of the weigh-in locations and work out at any of the official fitness locations (discounted workouts). The team with the most hours recorded at the conclusion of the challenge wins \$250.
- Weekly Prizes - Weigh in or workout at an official location to be entered to win OR weigh in anytime, anywhere using our convenient online check in page (weekly prize eligibility does not apply to online check ins, must visit an official location to be entered to win).
- Complete list of rules at: www.apg-wi.com/events

Questions? Call Esther Maina at

715-718-6438 or 715-558-3186 or email: events@apg-wi.com

GOLD SPONSOR



Spooner Health System



GREENFIELD
PHYSICAL THERAPY & SPORTS MEDICINE

Official
Weigh-In Location



Official
Fitness and Weigh-In Location



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IN PRINT EVERY THURSDAY | ONLINE DAILY AT WWW.SPOONERADVOCATE.COM

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