

THE RICE LAKE CHRONOTYPE *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!**

Free Workouts!
Weekly Prizes!

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

DATES AND LOCATION

Weigh-In January 6

Weigh-Out March 30

Rice Lake 12-6pm

4 Ever Fit, 2766 Pioneer Ave.

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. 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



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The Chronotype

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