



PINNACLE

REHABILITATION & PERSONAL TRAINING

presents

**THE NEW YEAR IS NEAR
AND AFTER THE HOLIDAY
SEASON, EVERYONE NEEDS
A LITTLE INCENTIVE TO
BURN SOME OF THOSE
CHRISTMAS COOKIE
CALORIES. WHAT BETTER
INCENTIVE THAN FRIENDLY
COMPETITION AND COLD
HARD CASH!**

THE 17th ANNUAL

BATTLE of the BULGE

This is a competition between different teams from around the community all competing with the same goals in mind, getting fit and losing weight! The object of the contest is for the total percentage of weight loss of your team to be higher than the total lost by other teams. We are doing percent of body weight per individual!

So those of you with only 10% weight loss will still be an asset to any team!

Get together with some of your co-workers

- Each team must consist of 4 members
- Your team will need an identifying name
- Each team must be assigned a team leader
- Team packets are available for pickup by January 19, 2024.
- The initial weigh-in is January 15-19
- Participants must weigh-in by February 12-16

If a member of your team misses a weigh-in

\$40/Person - \$40 total.

PRIZES

\$100

Grand Prize
the team with
average weight
loss of the
month

COMPETITION

For more information, please call

2024 Battle of the Bulge Weigh-in Dates
January 15-19

January 15-19
February 12-16
March 11-15
April 8-12

All weigh-ins will take place at Pinnacle, on our scales at either of our locations. However, you must begin and end by weighing at the same location Every member of every team is expected to weigh-in month. If you can not make it for any of these PRIOR arrangements MUST be made to weigh-in earlier date! Failing to weigh-in will disqualify your team.