



LOSE TO WIN

St. Luke's Magic Valley Weight Loss Challenge

\$10,000 in Prize Money

Kick-Off Event & Initial Weigh In Saturday, October 27, 2018

Times News Health Fair Event 7 a.m.—12 p.m. at the College of Southern Idaho
HSHS Building, 397 North College Road, Twin Falls ID

Great Prize Package & Incentives

- A chance to earn CASH for losing a minimum of 7% of your total body weight
 - A 2-week online “jump start” plan with recipes and shopping lists
 - Special offers at CSI Rec Center and Twin Falls YMCA
 - Monthly E-tips and Recipes
 - Information via Facebook and the Weekly Emails
- Connections with others like you who are working to improve their health

Joining the Challenge is Easy!

Register online at www.stlukeswlc.eventbrite.com by November 2, 2018

Pay \$50 registration fee (fees increase to \$65 after October 27)

Weigh in at the Kick-Off or at continuing weigh-in sites

See Official Rules & Information on Eventbrite Page

What is the Challenge?

Whether you have 10 pounds or 100 pounds to lose, everyone is a winner in this challenge!

The program is designed to help you achieve a healthy weight and active lifestyle.

Basic Rules

Attend all 4 weigh-ins – Initial (October), 90-day (January), 180-day (April) and Final (September)

Stay within 2 pounds of initial weight at 90 day (January)

Lose 3% total body weight by 180-day weigh-in (April)

Lose 7% total body weight by final weigh-in (September)

Split the \$10,000 cash pool with other eligible participants

See RULES & RECOMMENDATIONS on registration page for complete details to qualify

Perseverance Prizes

Stay in touch and stay motivated! Email your weight in November, December, February, March, May, June, July and August to earn entry into drawings for cash and prizes.

Team Trophies

Don't do it alone! Create a team of 3 or more of your friends, family and co-workers. The 3 teams with the most members will be recognized in our social media and presented with a trophy!

Keep It Off Cash

If you were a participant in the 2017 Fit One Weight Loss Challenge, ask if you are eligible to win a share of the \$10,000 cash prize!

Visit stlukesonline.org

for more information and to **register**.

