

WEIGHT LOSS COMPETITION

LOSE THE WEIGHT 4 YOU!

*We Challenge You to Become One of
"The Biggest Weight Losers!"*

- **12 Week Program**
 - \$39 Entry Fee (Awarded to Winners*)
 - (of which \$10 is donated to a Children's Charity)
- **Free Personal Coaching**
- **Free Nutritional Information**
- **Free Metabolism Test**
- **Prize \$\$ Awarded to 1st, 2nd & 3rd place!**

COMPETITION LOCATION

Starts Tuesday, Dec. 15th @ 6:45 pm
LeAnn's House 959 Norman Street
(Boniface/6th Avenue)

www.AKWeightLossChallenge.com

Call to Pre-Register for Contest:
907-306-1828

Cash prizes will be awarded to the participants who have lost the biggest percentage of weight. The 12-week program advises proper nutrition, food choices, and encourages exercise. Each person will receive personalized weekly, one-on-one coaching.

Each week participants will weigh-in and consult with the coaches, who will help you along the way, offering various options to help reach your ideal weight and body composition. The program encourages participants to eat a healthy level of protein and calories each day and teaches the benefits of good nutrition and exercise.

**Registration proceeds are paid out in cash and prizes to the winners. A portion of registration fees will be donated to: Fit Kids Foundation for Prevention of Childhood Obesity www.gofitkids.org*



The participants shown all lost their weight with the help of their local Weight Loss Competitions.

In total, they were able to lose 916 pounds!