

# ALASKA COMMUNITY-WIDE 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

**TUESDAY – THURSDAY - SATURDAY  
207 E. NORTHERN LIGHTS, STE. 121**

**EVENINGS & WEEKEND CLASSES AVAILABLE**

**[www.AKWeightLossChallenge.com](http://www.AKWeightLossChallenge.com)**

**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](http://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!**