

J.R. Holder Wellness Center
NWOSU
BIGGEST LOSER RANGER EDITION

- 10 WEEK FITNESS/WEIGHT-LOSS CHALLENGE
- BEGINS MONDAY, JANUARY 19TH, 2010
- TEAM OR INDIVIDUALS MAY PARTICIPATE
- COST: \$25.00 FOR INDIVIDUALS; A \$100.00 FOR A TEAM
- RECEIVE A BIGGEST LOSER RANGER EDITION EMBLEM/LOGO T-SHIRT
- WIN PRIZES!
- 3 WINNERS: The individual who loses the highest percentage of their initial body weight, the individual who loses the most inches, and the team who calculates the most points earned over the 10 week period

ACTIVITIES

- Noon Walking Club
- Bimonthly Weigh-Ins/Measurements
- Lunch and Learn Sessions
- Weekend Fitness Challenges
- Healthy lifestyle tips
- Activity Sheets

For more details about the fitness/weight-loss challenge please call J. R Holder Wellness Center at 580-327-8100 or check us out online at www.nwsu.edu/wellness-center.

Could you be....THE NEXT BIGGEST LOSER?!?!?

Get a team together and sign-up today!