

“Commit to Be Fit”

NECA-IBEW Local 617

Individual Weight Loss Challenge

April 21-June 30



Are you ready to get back on track? Do you want to lose some weight before summer! Would you like some support in maintaining your current weight? Then this individual weight loss challenge is for you!!!

“Commit To Be Fit” is a ten-week program designed to help you lose or maintain weight. **The program officially starts April 21 and ends June 30.**

Participants must attend two weigh-ins (initial and final), in order to participate and qualify for cash prizes.

Each week you will receive an educational email full of information to help you achieve your goals! Plus, members have the option of speaking with Patti Miller, a registered dietician.

Cash prizes will be awarded to the Top 3 Men & Top 3 Women with the greatest percentage of weight lost.

1st Place: \$250 2nd Place: \$200 3rd Place: \$150

All participants who lose or maintain their weight will have their names entered into a drawing for a prize. **There will be 3 winners at \$100 each.**

How do I participate?

You **MUST** attend ONE of the scheduled weigh-in dates:

- April 20th (Great American Ticket Distribution- Union Hall 10-12)
- April 23 & 24 (Union Hall 4-5)

You **MUST** also attend ONE of the post challenge weigh-in dates:

- July 1 & 2 (Union Hall 4-5)

Optional midway weigh-in on June 6 at the Union Hall (4-5). Prizes will be awarded to those who have lost weight.