

2012 Wellness and Weight Loss Challenge



***Lose Weight! Tone up!
Have more energy, feel stronger & healthier!
We'll show you how.***



Your 2012 Resolution Solution

Designed by our nationally certified fitness training staff to help you lose weight. Over the next 6 weeks we'll get you on track to looking and feeling your best. This **FREE** program includes simple exercise and nutrition plans, on-line support, weekly weigh-ins, your own success tracker and exercise clinics to keep you motivated and successful.

Prizes will be awarded to members with greatest weight loss, body fat % loss, best attendance and most inspirational.

Got friends and family who want to want to lose weight and tone up too? Get them involved. Drop by the Front Desk and pick-up a **FREE** one week trial membership.



Details

- **Register** at the **Front Desk** anytime between: 1/16/12 – 1/29/12. Your program begins the day you register and ends exactly 6 weeks later.
- **Kick-off Meeting** at South Yuba Club: Monday, Jan. 21st at 6:30pm (555 Searls Ave, Nevada City 470-9100) or Wednesday, Feb. 1st (722 Freeman Lane/Raley's Pine Creek Center, Grass Valley 272-7676).
- **Follow the plan** outlined in your journal, exercise daily and if you are competing for prizes then weigh-in weekly at the front desk.
- **Challenge ends:** Monday, Mar. 12th.
- **Awards Celebration** at both clubs: Monday, Mar. 19th.



Support Information

(1) Attend the kick-off meeting. (2) Download the **Program Journal** and watch The **ABCs of Fat Loss** video at www.southyubaclub.com. (3) Join the South Yuba Club **Facebook Nutrition & Weight Loss Group** forum to receive guidance, advice, support, and positive feedback, plus interact with our trainers and on-line community during the Challenge.