

LOSE TO LIVE

The Body Connection Health and Wellness Center



On May 19th, 2018, we are hosting our own version of the “Biggest Loser” program called “**Lose to Live**”. This program is an individual weight-loss challenge in a team environment. The challenge will every Saturday from 10am-12pm for 6 weeks, with weekly weigh-ins and prizes! The participant with most change based on BMI and measurements at the end of 6 weeks will earn the Grand Prize! The program will have a nutritionist guiding participants as well as other trained professionals to make getting fit fun!

Weekly Prizes Include:

- Cash Prizes!
- Gym Memberships
- Athletic Gear
- Personal Training Sessions
- Food/Restaurant Certificates
- Restaurant/Grocery store outing
- Nutritional Supplements
- Grand Prize for overall winner

Sign Up Today, Limited Availability!

Call (630) 705-1475



Important Dates & Information

- Regular Sign up Fee: **\$45**
- Sign up you and a friend for **\$55!**
- **May 7th**: Last day to register for program
- **May 19th** Lose to Live Kick Off!
- Weigh-ins **every Saturday** from **10am-12pm**
- **June 30th** Last Day and Awards Ceremony
- **Sign up by April 27th, AND ONLY PAY \$35!**