

THE BIGGEST

Loser

OPEN TO FACULTY & STAFF

Register on-line through RecSports
\$5 fee

Compete in the
campus Biggest
Loser contest!



Memorial
Health & Lifestyle Center™

The Biggest Loser Contest is a weight-loss challenge designed to educate and guide you to lose weight and meet your personal goals.

Contest starts June 2nd and ends August 25th. On June 2nd each participant gets their initial weight, body fat composition, BMI and measurements.

Teams are led by a Memorial Health & Lifestyle Center Fitness Coach!

Three choices for team meetings:

- 6:00 a.m.
- Noon
- 5:45 p.m.

Team workouts and weekly weigh-ins take place each Thursday with their coach at Rolf's Sports RecCenter