

# 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**