



Sign-up now!

YWCA Biggest Loser Challenge

January 16 - April 8

Getting in shape is easier when you don't have to go it alone. Let us help you. Join our challenge and we will provide a confidential health assessment for you. We will take your measurements and body composition, chart your changing weight, record your blood pressure and more. We will track your progress and keep you challenged. **NEW FOR 2012 - We will offer two Biggest Loser classes each week and a weekly nutrition class.**

What: The YWCA Biggest Loser Challenge is an exercise program designed to motivate and encourage people of all shapes and sizes to make a significant lifestyle change.

Pre-Registration is required:

Registration runs: December 12 – January 11
Register at YWCA Avera Downtown 300 W. 11th St.
or By Phone 605.336.3660

When: Monday, January 16, 2012 – Sunday, April 8, 2012

Where: YWCA Avera Downtown
300 W. 11th St., Sioux Falls

Fee: Members \$35
Non members \$140

The program fee includes full fitness and swim membership benefits of the YWCA during the length of the challenge. Healthier lifestyle tips, prizes, t-shirt and weekly incentives will be used to motivate the participants!

This year, make your New Year's resolutions a reality!
Become a healthier, happier, slimmer you!

BIGGEST LOSER

Frequently Asked Questions

Can I join BIGGEST LOSER if I am not a YWCA member?

YES! We are offering a special 12 week membership and contest fee for \$140.

How do you win?

The Biggest Loser contest is based on attendance and results.

To qualify for Biggest Loser status, each participant will need to work out 3-5 times per week (classes, cardio, weight training, walking, etc). And each week, participants will turn in their workout and nutrition logs.

The person following the above plan and with the largest % of weight loss is the Biggest Loser! **The winner will be announced Wednesday, April 11.**

The winner will receive:

- Pair of running shoes - courtesy of Scheels (up to \$140 value)
- \$100 cash
- YWCA sweatshirt

How much do I need to work out?

To be eligible to enroll in the contest, you must be committed to exercising a minimum of three hours each week during the challenge period.

What if I cannot complete the entire 12 week period?

If you cannot continue the BIGGEST LOSER contest due to medical reasons, moving, etc. you would be disqualified from the contest. In order to become the biggest loser, you must continue the full 12 weeks.



Register today 605.336.3660
300 W. 11th St. • Sioux Falls, SD
www.ywca-sf.org



“In three months at the YWCA, I lost a total of 25 pounds and 25 inches! This is a great program that helped kick start my life.”

-Kolby Skadsen



I had gotten to a point in my life where I wasn't happy with myself. The biggest loser program helped motivate me to want to live a healthier life and lose weight. I have always suffered from high blood pressure, even at a young age and since losing this weight my blood pressure has lowered. Losing weight and eating healthier are important in feeling great. I learned how to exercise and love it! It has been two months since the end of the competition and I am continuing to work out and lose weight. My total weight loss in 5 months is about 35-

40 pounds! It's a great feeling to lose weight the correct way and know there are others around you at the YWCA that support you and are there to help you live a healthier, happier life. I am overwhelmed with how much better I feel. I am grateful for the YWCA and the Biggest Loser Program. The Biggest Loser Program and the YWCA changed my life! Thank you all so much!

YWCA Avera Downtown • 300 W. 11th St. • Sioux Falls, SD 57104
Phone: 605-336-3660 • Email: info@ywca-sf.org
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