

# The Greene County Rural Health Network presents the 5th Anniversary Biggest Loser Weight Loss & Maintenance Contest!

This year's Biggest Loser Contest will consist of 2 parts: a 16-week weight loss contest, followed by a 14-week weight maintenance contest. Each contest will offer cash prizes to the winners. \*\* In order to participate in the Weight Maintenance contest, you MUST register for the Weight Loss contest AND lose at least 5% of your starting weight.

## Biggest Loser Weight Loss Contest:

Initial Weigh-In: February 6, 2017      Final Weigh-In: May 26, 2017

**More than 40 cash prizes in two categories:**

**Percentage of Weight Lost:      Total Pounds Lost:**

1st place: \$1,000.00      1st place: \$1,000.00

2nd place: \$700.00      2nd place: \$700.00

3rd place: \$500.00      3rd place: \$500.00

\$50 gift cards for the next 15 contestants      \$50 gift cards for the next 15 contestants

\$25 gift cards for 20 participants at contest mid-point

**SWEAT** Exercise Studio is offering 50% off of their monthly membership rate to participants in the Weight Loss Contest. That's \$30 a month of unlimited class for 16-weeks!

## Biggest Loser Weight Maintenance Contest:

Initial Weigh-In: May 29, 2017      Final Weigh-In: September 1, 2017

Weight maintenance participants who maintain or lose weight will be entered into a random drawing to win one of our 30+ cash prizes:  
\$500, \$300, \$200 and \$50 gift cards for 30 participants

Participants must join with a group and have a coordinator on-site to conduct weigh-ins. Those without a group can get weighed in through a 'community coordinator'.

Go to [www.greenehealthnetwork.com](http://www.greenehealthnetwork.com) to register or learn more.

*Must be 18 or older to participate.*

