

JOIN LSPCA'S WEIGHT LOSS CHALLENGE!!

This **10-WEEK CHALLENGE** is intended to promote **WEIGHT LOSS AND MAINTENANCE** by introducing **HEALTHY HABITS** one week at a time. There will be a **WEEKLY CHALLENGE** associated with each topic. The challenge is run by LSPCA's dietitian, Melissa Verdi.

Weight Loss

Each week you will be weighed. Weights will be kept in confidence (percentage weight loss may be shared with the group using code names). **CASH PRIZES** will be awarded to 1st, 2nd, 3rd place (based on the number of participants and total collected for the challenge). Percentage weight lost is the fairest assessment in a group of people, as it controls for differences in body types and how much weight an individual needs to lose.

Weekly Challenges

You earn points, and in some cases may lose points, by completing the Weekly Challenges. At the end of the program, a **CASH PRIZE** will be awarded to the participant with the most points.

The **COST** of the program is **\$50**, due at sign-up (compare to Weight Watchers: 10 weeks with meetings costs \$69.20, AND you have a chance to earn cash prizes!). Half of the amount collected will go towards the Cash Prizes awarded at the end of the Challenge.

Next Challenge Dates:

Weeks of September 11 - November 13, 2017

Tuesdays 10:30-11:30am

OR

Wednesdays 6:00-7:00pm

MUST come at the same time each week for most accurate weight – exceptions may be made on a case-by-case basis

To Sign Up:

- ❖ Tell a staff member you are interested in the Challenge
- ❖ Call the office and ask for Melissa Verdi



The information provided in this challenge is based healthy adults. If you have any conditions such as diabetes or heart disease, some of the information may not apply to you. Always follow doctor recommendations.