

1st Team Fitness is challenging you to...

The Biggest Loser Contest and Fundraiser!

The contest/fundraiser will go for 100 days!
All donations benefit children with food allergies!

FAAN: Food Allergy and Anaphylaxis Network
www.foodallergy.org

Registration: Call to find out when next contest begins!

Get in shape this FALL!

Cost: \$200.00

Cost Includes

- 3 personal training sessions at studio (\$180.00 Value)
- Monthly tips for your work out routine!
- Food guidelines and tips for success!
- 1st Team Fitness T-Shirt!

Additional Success Resources Available

- Discounted personal training
- Discount on weight education class (lose body fat)

Prizes awarded to the top “Five Biggest Losers”

Sign up and fundraiser forms available online

Or call Diane at 301-466-8256 for more info. Email: diane@1stteamfitness.com

Check website for more info: www.1stteamfitness.com

Make checks payable to 1st Team Fitness (memo Biggest Loser) or Visa/MC/Discover Card accepted

511 Bridlewreath Way Mt. Airy, MD 21771

Contest Rules and Information

Sign up by registration date posted!

You can start anytime before registration deadline.

You have 100 days from your start date.

We will make teams out of the contestants to help with accountability and support for each other.

Take before pictures, weight, body fat, and measurements on your start date.

Program is measured on body fat loss and percentage of weight loss.

At midpoint of 50 days, we will take pictures, weight, body fat, and measurements again to allow for adjustments for the next 50 days.

Final measurements, pictures, weight, body fat will be on your 100th day.

We will have a catered final party the week after all measurements have been taken. There we will announce the winners and award the prizes. (FUN FOR EVERYBODY)

All donations you collect for the fundraiser will need the checks made out to FAAN.

Your goal is to have a minimum of 10 donations and raise a minimum of \$100...the more the better!

Donations can be a flat donation or they can donate \$ for how many pounds lost, inches lost, and body fat lost.