



OAHE YMCA

## Holiday Contest

How would you like to **maintain or lose** weight during the holidays?

**\*All you must do is maintain or lose weight during the contest dates and you will be in this 3 part-cash drawing.**

**\$150.00 in CASH,**

**\$100.00 CASH,**

**\$50.00 CASH**

**1st...You weigh in between 11/15- 11/22, 2023.**

**Re-weigh in between 1/2 - 1/6, 2024**

**COST: \$10**

**Disclaimers: The Holiday Survival Contest is not intended to be a rapid weight loss program. Statistics show that people who lose small amounts of weight over time are more likely to keep that weight off. Maintaining the same weight or losing weight makes you eligible for the drawing. Both weigh in, are without shoes. Must be a YMCA member and 16years or older, to enter. YMCA staff will not be eligible to enter this contest. Always consult a physician before starting any weight loss or exercise program.**