



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARE YOU A HOLIDAY SURVIVOR?

LIVE HAPPY. LIVE HEALTHY

There are many benefits when it comes to exercise... we thought we would add one more. You could win a 2 nights stay at YMCA of the Rockies or Snow Mountain Ranch or 1 of 2 cash prizes (\$350 or \$150)!

All you have to do is maintain or lose weight during the contest dates and you will be in the drawing.

Weigh In: between 11/12 - 11/21, 2018

Contest Starts: 11/22, 2018

Ends: January 2, 2019

Reweigh: between January 2-9, 2019

COST: \$10



Name _____ Date _____ Pd- Cash/Ck/Other

Email Address _____ Phone Number _____

Starting Weight _____ Staff Initials _____

Ending Weight _____ Staff Initials _____

Maintain or Loose _____ Drawing will be held on January 10th!

Disclaimer: The Holiday Survival Club 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 ins, are without shoes. Must be a YMCA member and 16 years or older, to enter. YMCA staff are not eligible to enter this contest. Always consult a physician before starting any weight loss or exercise program.