

St. Louis Lose to Win Challenge

Are you serious about losing weight?
Join the *12-week challenge* today!

Must Pre-Register

314-SSM-DOCS
(TOLL FREE: 866-776-3627)
www.losestowinstl.com

**Phone Lines &
Online Registration
Open 8 a.m.**

Monday, Jan. 9
*Space limited to
1,200*

The St. Louis **Lose to Win Challenge** provides the inspiration you need to get in shape, shed pounds and find the real, healthier you inside. **Why compete?** To break bad-habits, to adopt healthy living... to possibly win *some prizes!*

Competitors must be 18 years or older, pre-register, and attend a mandatory kick-off. For more information, visit our website at www.losestowinstl.com.

Lose to Win Kick-Off

Pick from one of two dates:

- **Saturday, Jan. 21, 2012** / 9 a.m. - 1 p.m.
- **Sunday, Jan. 22, 2012** / 1 - 5 p.m.

\$10 Registration Fee

Location provided during pre-registration.

At the Kick-Off, you will:

- * Be assigned a "Lose to Win" identification number.
- * Have your blood pressure, & BMI/Body Fat checked.
- * Choose a location to weigh in each week.
- * Receive a list of classes and resources that can help you with the challenge.

Each week you'll be able to follow your success, along with other participants, in the **Suburban Journals!**



Suburban
Journals



SSM Health Care
ST. LOUIS



Curves



Charter