

10 Week

Body Blitz!!!

Monday Feb. 8th through Monday Apr. 19th

Rules: Person that earns the most points WINS!

How to earn points:

- 15 minutes of exercise = 1 point**
- Turn in weekly food log = 1 point**
- Blood pressure screened = 1 point (max 2 times per week)**
- Blood lipid profile = 5 points**
- Lbs lost = 1 point / lb (based on initial and final #'s)**
- Body Fat lost = 1 point / .5% decrease**
- Weekly challenges = varies each week**
- 15 min other vigorous activity* = 1 point**

Price: \$40 for the 10 week contest. Includes:

Initial weigh ins and Body Comps: Monday Feb. 8th at 6am, noon, and 6:30pm and Wednesday February 10th at noon and 6:30pm. Mid way and final weigh ins and body comps are also included.

Each week participants will receive email newsletters with work out tips, healthy eating tips, and information about the next weeks challenge. Participants will also receive a meal planner during the initial weigh in and body composition, and be able to email the Y's dietician, Chris Jacobson R.D., L.D. with questions. Before and after pictures will be taken unless otherwise specified.

Prizes - Male and Female:

- 1st place: 6 month SINGLE membership**
- 2nd place: 4 month SINGLE membership**
- 3rd place: 2 month SINGLE membership**

*Other vigorous activity includes vigorous housework, shoveling snow, etc. etc.

Community Y

For more information please contact Sue Fehrmann or Angie Paxson at 641-752-8658