

\$10,000 TREASURE VALLEY WEIGHT LOSS Challenge

Presented by:



Cash Prizes!

1st Place

\$3,000 Woman
\$3,000 Man

2nd Place

\$1,500 Woman
\$1,500 Man

3rd Place

\$500 Woman
\$500 Man

Winners determined by the percentage of body weight lost (not number of pounds lost).

The \$10,000 Treasure Valley
Weight Loss Challenge
offers individuals a reason to
lose weight, get healthier
and win **BIG** money!

Enter the Challenge

- 5-Month Weight Loss Challenge
- Register January 7 - 22, 2012
- Weigh in each month
- Final Weigh-in & Cash Awards on June 7, 2012

You Get:

- Weekly nutrition & fitness tips
- Attend monthly “physical challenges” for a chance to win prizes!
- Monthly group meetings that offer guidance on nutrition, exercise and emotional support
- Special offers from our event partners

And help others too!

All proceeds from the Weight Loss Challenge benefit St. Luke’s Humphreys Diabetes Center. Improve your health and help us promote long, healthy lives for all ages in the Treasure Valley!

Ready to join us? Read on ...



2 Easy Ways to Enter!

Option #1 - Saturday, January 7, 2012 - KICK OFF PARTY!

- 8am - 1pm at Humphreys Diabetes Center, 1226 River St., Boise
- Pay \$50 registration fee and present photo ID
- Weigh-in
- Collect tips, special offers, physical challenge and monthly support meeting calendar, meet past winners and visit with Challenge partners and exhibitors!

Option #2 - January 8 - 22 - Continuing Registration

- Weigh-in, present photo ID and pay \$50 registration fee at:
Ladd Family Pharmacy - 1109 South Broadway Ave., Boise
M-F 9am - 7pm; Sat 10am - 5pm; Sun 11:30am - 4pm
or
St Luke's Humphreys Diabetes Center, St. Luke's Meridian in suite 1229; Mon-Fri 9am - 4:30 pm

Must be 18 years or older with no physical or medical restrictions.

All registrants must present photo ID and wear shorts/capris and T-shirts without shoes for initial weigh-in. Participants who have had weight loss surgery or procedures before or during the Challenge can participate but are ineligible for prize money. Sponsor employees and their spouses may participate but are ineligible for prize money.



Before

After

2011 1st Place Man

Michael Greutz
Lost 90 pounds,
39% bodyweight!
Won \$3,000



Before

After

2011 1st Place Woman

Vicki Ariatti-Mangum
Lost 69 pounds,
30% bodyweight!
Won \$3,000



Before



After

2011 2nd Place Woman

Lori Young
Lost 63 pounds,
29% bodyweight!
Won \$1,500



Before



After

2011 2nd Place Man

Robert Ward
Lost 105 pounds,
36% bodyweight!
Won \$1,500

You can also join as a **TEAM!**

Sign up as a team (5 or more people) for support and motivation and get \$5 off the registration fee! All team members must register and attend initial weigh-in together.

Proceeds benefit:

For more information:
Visit www.hdiabetescenter.org
331-1155 ext. 32
weightlosschallenge@hdiabetescenter.org

