

## **BIGGEST LOSER**

This program is designed for adults 20 and older to participate in a weight loss program, while working together as a group or a single participant.

The Biggest loser will Start January 4<sup>th</sup> and continue through March 12<sup>th</sup>. During this time, Northwoods Health Center will weigh everyone once a week. Your weight loss will be documented by an employee at the Doctor's office. On March 12<sup>th</sup>, the person who has lost the most amount of weight will be the winner of the first Biggest Loser. The winner will receive a State of Maine Vehicle Pass for 2010.

I will schedule outdoor activities weekly throughout the 10 weeks. Some activities might be designed for contestants only, and other events will be designed for families, to show how keeping active is fun and creative.

If you have anymore questions, please do not hesitate to ask. Thank you and may the weight melt away this winter!