

The Prairie Lakes Wellness Center is bringing back The Biggest Loser, to help shed 2020 and some of those Covid pounds!

Who Is The PLWC's Biggest Loser

Get It
Done
In
2021!

What? The PLWC Biggest Loser (Each team will consist of two people)

When? First weigh-ins are December 28 through January 3. Following weigh-ins are every Friday (5:00am-10:00pm) until March 26, 2021.

Who? Teams can be male, female, co-ed, husband-wife, friends, co-workers.....anyone who wants to improve their health by losing weight.

Where? Weigh Ins will be every Friday at the Prairie Lakes Wellness Center. You do NOT have to be a member of the Wellness Center to participate in the Biggest Loser.

How Much? \$20.00 per person.

Who Wins? (everybody that loses weight!) Need some more incentive? No Problem!

* Winners will be based on highest percentage of body weight lost

1st Place- \$400.00 (\$200.00 per team member)

2nd Place- \$300.00 (\$150.00 per team member)

3rd Place- \$200.00 (\$100.00 per team member)

** Team that loses the most total weight in each division will also receive a cash prize

*** **Cash prizes are based on a 100 team participation rate. If less than 100 teams, cash payouts will be less.**

Team Name: _____ Division: Male Female Co-Ed

Participant 1 _____ Phone Number _____

Participant 2 _____ Phone Number _____

Don't wait, sign up today! Sign up online at www.plwc.life, or stop in and sign up at the front desk.