



**PRAIRIE LAKES**  
Wellness Center

# WHO IS PLWC'S BIGGEST LOSER

## Start new in 2022!

### Cost is \$20 per person

Everybody that loses weight wins! Need some more incentive? No problem!  
Winners will be based on highest percentage of body weight lost.

\*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.

### WINNING PRIZES

**1st place \$400**  
(\$200 per team member)

**2nd place \$300**  
(\$150 per team member)

**3rd place \$200**  
(\$100 per team member)



### WEIGH-INS

First weigh-ins are  
December 27 through January 2nd.  
Following weigh-ins are every Friday  
(5am-10pm) until March 25th, 2022



### 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.



### TEAM MEMBERS

Each team will consist of 2 people.  
Teams can be male, female, co-ed,  
husband-wife, friends, co-workers....  
anyone who wants to improve their  
health by losing weight.

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](http://www.plwc.life), or stop in and sign up at the front desk.