

The Longest Loser!

Challenge begins the week of January 17th. You must weigh-in sometime between Jan. 17-21. You also have to weigh in the same day each week.

~ In order to stay in the competition you MUST lose at least .1 of a pound each weigh in (weekly). If you do not lose or you gain then you are out. The competition will continue until there is only one person left in it still losing weight.

~ You will have one week that is a BYE week. You do not have to weigh in, but you still stay in the competition if you stay the same weight or gain.

~ Winner will receive a 3 month membership to BFR. There will be other smaller prizes awarded throughout the competition as well.

~ Fee to join is \$5.00 for BFR members and \$10.00 for non members. MUST be a member to use building.

~ Weight loss tips and work out tips will be given out each week to help you with the program.

~ Staff trainers will be able to assist anyone who needs it throughout the competition.

Keeping Active- January 16th- February 26.

FREE Walking, Aerobics Classes, Nutrition, and Exercise Demos.

Holiday Membership Special (Good through Jan.31st)

** corporate discounts can still be applied!*

Save \$5 on 1 & 3 month memberships

Save \$10 on 6 month, Jr. Youth, Sr. Youth, & Sr. Adult memberships

Save \$15 on Adult and Single Parent Family memberships

Save \$20 on Family memberships

BFR Sports & Fitness

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