

Y NOT BE A LOSER?

**Wellness Challenge
September 23rd –November 23rd**

**Kickoff - Thursday, September 23rd at 6 pm
Finale - Tuesday, November 23rd at 6 pm**

**Cost: \$30 per person member
\$99 per person nonmember**

Enroll Now until September 5th

Each Participant Receives a FREE T-shirt

Y Not Be A Loser is an eight-week member wellness challenge at the Salem Family YMCA. Members will be placed on teams and partnered with a personal trainer. Trainers will meet with participants at the kickoff and once a week. Weekly team meetings will be offered on **Mon 8:30 am, Mon 6:00 pm, Mon 7:00 pm, Wed 4:30 pm, Wed 6:15 pm, Thurs 9:30 am, Thurs 10:30 am, Thurs 7:00 pm, Fri 5:30 am** (attendance is not required). At the meetings, trainers will discuss workout plans and nutrition tips for the coming week. The trainers will also workout with their teams at the meetings.

The focus of this challenge is to gain a higher level of wellness and to achieve a healthier body fat percent.

Participants will have their body fat and measurements taken at the first and last team meeting. Personal trainers will also weigh participants once a week. One to two pounds weight loss per

week is considered healthy. Sixteen pounds is a realistic amount of weight to lose in eight weeks.

Participants will receive nutritional handouts and guidance each week. The contest will be based on percent body fat loss. The person with the greatest percent body fat loss at the final team meeting will be the **Y Not Be A Loser winner**. Participants must be aged 16 years or older.

All participants must be enrolled in **FitLinxx** and log in their workouts. **FitLinxx** point reports for each team will be displayed weekly. Members must fill out all required health forms prior to taking part in the challenge.

The Finale will be held at the Salem Family YMCA on November 23rd at 6 pm in the gym. The male and female who lose the largest percent body fat will be the winner. Prizes will also be awarded to the winning team with the Most Fitpoints, the individual with the Most Fitpoints, and random drawings at the Finale.

You stand to gain more than you lose!

