



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LOSE WEIGHT COMPETE TO WIN REACH YOUR GOALS

New YOU Weight Loss Challenge NORFOLK FAMILY YMCA

12 Week Weight Loss Challenge!

Become healthier by setting and working towards realistic and personal goals to make lifestyle changes that will last a lifetime.

Program Includes:

- 3 InBody Assessments
- Weekly Weigh-In's
- Weekly Emails
- Discounted Personal Training
- Gift Cards given to the top 3 participants with highest percentage of weight lost!
- Complete each scheduled InBody sessions and receive your event shirt!

• **Registration:** December 12th, 2018—January 7th, 2019

• **Program Dates:** January 7th—March 28th

• **First InBody Dates:** January 7th-10th

Schedule your InBody appointment at time of registration.

Individual Fee: Staff \$5 / Member \$10/ Non-Member \$120

*Non-Member fee Includes a membership for the duration of the challenge

Thank you to our sponsor!

SUNSET PLAZA

301 West Benjamin Ave. Norfolk, NE 68701 (P) 402-371-9770 (E) gethealthy@norfolkymca.org