

# **“Biggest Loser Challenge”**

**At the City of North Chicago**



***Let's join together to reverse the obesity trend and learn about proper nutrition!***

This 8-week program advises proper nutrition, food choices, and encourages exercise. Each week, participants will receive personalized one on one coaching. The cost is \$35 for 8 weeks and is due at the end of the first class. All money will be paid out in cash to the top two “Biggest Losers”. Other non-monetary incentives may be given away as well. Specific rules will be in place to keep everyone consistent.

Each **“Biggest Loser”** participant also receives a FREE personalized metabolism test.

This test will tell you:

- Ideal Weight
- Hydration Level
- % of Body Fat vs. Lean Muscle Mass
- Basal Metabolic Rate (will help us design a specific program for you!!)  
(This test is valued at \$40.00...yours free for joining!)

**Meet every Thursday from 12:00 p.m. – 1:00 p.m.  
North Chicago City Hall – West Conference Room**

**Questions?**

Contact: Terry Shebenik, Personal Wellness Coach - 847-224-2606