

LET US HELP YOU REDEFINE YOURSELF!

STARTING FEBRUARY 9th!!!

Larry “The Loser” Carr will take you on a 12 week journey at **NO COST TO YOU** and help you achieve those weight-loss goals you have been “sitting” on for too long... It’s time to get up, challenge yourself, and start shedding those pounds!!!

THE CHALLENGE

It never hurts to use competition as motivation; therefore, Larry “The Loser” Carr is challenging you to a weight loss duel. This is a tough challenge: Larry has been a loser all his life. To help you, Larry will reveal the secrets to being a big loser through this Loser Support Group. SRAC Personal Training Staff is also here to help you with incredible discounts for participating!!

REWARD FOR SUCCESS

See dramatic results as well as receive **PRIZES IN FOUR CATEGORIES:**

- (1) MALE (2) FEMALE (Pro Photo Shoot / \$500 SRAC Gift Card)
- (3) COUPLE (4) INSPIRATIONAL (Pro Photo Shoot / \$250 SRAC Gift Card)

HOW TO JOIN

Simple... **AGREE TO COMMIT FOR 12 WEEKS AND YOU’RE IN!!!**

WHAT’S MY COMMITMENT?

YOU MUST WEIGH IN ON FEB 9th ON THE CLUB SCALE.

- Your starting weight will not be displayed or shared with others.
- You must weigh in every Monday for the 12 weeks on the club scale.

WEIGHT TRACKING

YOUR PARTICIPATION AND PROGRESS WILL BE TRACKED AND DISPLAYED IN THE CLUB. THIS IS A VERY IMPORTANT PART OF YOUR COMMITMENT; IT SERVES NOT ONLY AS A MOTIVATING FACTOR FOR YOU, BUT INSPIRATION FOR OTHERS.

KEEP IN MIND YOUR WEIGHT WILL NOT BE DISPLAYED - ONLY PLUS OR MINUS THE NUMBER OF POUNDS GAINED OR LOST DURING THE WEEK.

CLAIMING YOUR PRIZE

IN ORDER TO CLAIM A PRIZE, YOU MUST HAVE TAKEN A BEFORE AND AFTER PICTURE and PARTICIPATED IN EACH MONDAY WEIGH IN VIA THE CLUB’S SCALE.

YOU MUST ALSO AGREE TO ALLOW YOUR BEFORE AND AFTER PICTURE and YOUR STARTING AND ENDING WEIGHT TO BE USED IN CLUB ADVERTISING.

LOSER SUPPORT GROUP

Every Sunday during the Challenge, Larry the Loser will be teaching a Cycle class (9:00am) followed by a “Loser Support Group” session at 10:15 AM. **These meetings are not mandatory.**

* There will be a kick off Loser meeting on **Sunday Feb. 8th at 10:15 AM** in the Fitness Classroom.