



Are you ready to...

- Take control of your health and weight?
- Become a part of a community of people who are looking to get healthy and change their life?
- Meet and connect with people who share in your struggle?
- Find out that fitness ISN'T just in the gym?
- Only visit your Doctor for wellness check ups?
- Stop spending LOTS of money on prescriptions for medications related to your obesity?
- Wake up in the morning and feel jazzed about your life?
- Lose weight in a healthy and sane way, minus all the empty promises and "magic pills"?
- Have some FUN achieving health and wellness!

We can't wait to hear from you!  
Join us today and take charge of your health and wellness, FOR GOOD!

Make 2009 your year!

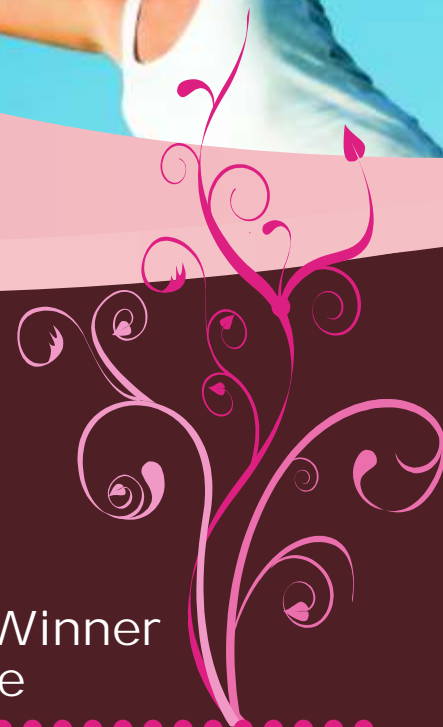


What  
are you  
weighting  
for?



[www.thebiggestwinnerchallenge.com](http://www.thebiggestwinnerchallenge.com)

720-234-5335



The  
Biggest Winner  
Challenge



Helping you win at the losing game.



## The Facts are Alarming

According to the Centers for Disease Control and Prevention, the prevalence of obesity continues to be a health concern for adults and children in the U.S. Current data from recent surveys show that among adult men the rate of obesity is at 33.3%. Among adult women, the rate of obesity is 35.3%, and 16.3% of children ages 2-19 years are considered to be obese. These alarming rates raise major concerns because of its implications for the health of Americans who are obese.

With the current obesity rate at an all-time high; that is exactly why the Biggest Winner Challenge was created. The program is designed to address the environmental, socio-economic, behavioral, nutritional and physical factors contributing to obesity. The program has 5-levels of focus: fitness, nutrition, emotional/psychological, education and creating a support community. The BWC Program is a results-based program that has been designed:

- For individuals who have 40+ pounds to lose.
- For individuals who have medical issues as a result of their excess weight.

To promote and encourage lifelong health and fitness choices.

To assist participants in making safe and lasting weight loss changes.

So what are you **weighting** for?



## The Biggest Winner Is...

- A 12-week program geared towards weight loss, improving your fitness level, increasing your wellness knowledge and helping to identify emotional eating patterns.
- For individuals who need to lose at least 40 pounds or more.
- Team Certified Personal Trainers who will help increase your fitness and get you well on your way to looking and feeling great!
- Fitness assessment and testing.
- Individual diet analysis and nutrition advice based on results of analysis.
- Weekly Team Challenges designed to help you step out of your comfort zone and take on new activities you might have never tried before by yourself. (Family members are welcome to join us on challenges, including kids and dogs!)
- Weekly Educational Seminars featuring experts on nutrition, emotional eating, vision boarding and a host of other topics.
- A Website and Online Community, complete with access to The BWC Blog, where you can connect with other people in the community.
- Prizes for top Team and 1st, 2nd and 3rd place individual finishers.
- Celebration and awards party during final week. Family members also welcome to attend party.



## Program Cost

\$349.00 – Registration Price

Check the website for registration deadlines and time and date of next session orientation.

## To Reserve Your Spot

Email – [info@thebiggestwinnerchallenge.com](mailto:info@thebiggestwinnerchallenge.com)

Phone - 720-234-5335

## Hurry...Call us today!

The next 12-week session orientation is starting soon, check the website for dates. Spots are filling up fast...we want to see you soon!

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