

The Chicagoland churches of Christ Singles' (CCOCS) Presents.....



Challenge!!

This is not in any way associated with the NBC reality show "The Biggest Loser."

We are seeking individuals who are:

- **Dedicated to losing weight for the purpose of better health**
- **Willing to commit to 6 months to healthy eating and exercise**
- **Reliable for weekly weigh-ins**

Benefits:

- **Lectures from a registered dietitian (John Stroger Cook County Hospital nutrition department) and fitness trainer (LA fitness)**
- **Tips on healthy eating, meal preparation, calorie counting, fat burning and cardio exercises.**
- **Weekly encouragement**
- **Results Banquet**

Initial weigh-in and opening ceremony: January 9,
2010

Fee: \$50

100 participant limit

Disclaimers: Consult your physician before starting any weight loss programs. We do guarantee weight loss results. Results may vary. Not responsible for any injury that may result during participation of this program.

Let the healthy habits begin in 2010!!