

# GRAND VALLEY FITNESS BIGGEST LOSER Competition

This will be a 11 week competition running from  
October 2, 2010 – December 18, 2010

This competition is open to EVERYONE who is wanting  
to:  
Lose Weight and Get FIT!!!

Entry Fee includes a 11 week gym membership, one on  
one fitness coaching, nutrition meetings, and nutrition  
info plus much much more.

Join with a friend or sign up with a friend. Part of the entry fee from each registration will be put into a pot for the  
winner. The more people that join, the more money in the pot. Other prizes will be announced.

We are looking for people who are dedicated and the winning team will be the team that has lost the most percentage  
of body weight lost. We will also tell you your BMI and your total Body Fat.

Sign Ups will begin October 2, 2010  
Kick Off and 1<sup>st</sup> Weigh In will be  
October 2 2010 at 11 am

Prize Ceremony and Last Weigh In will be Dec. 18, 2010

Competition is for:

Most percentage of weight lost, Most inches lost, and  
competitions won.

Prizes will be set up for: WILL BE ANNOUNCED

FOR MORE INFO Contact:  
Grand Valley Fitness  
5324 RT 45  
Rome, OH 44085  
440-563-3040

Grandvalleyfitness.com  
**WE ARE NOW OFFERING TANNING!!**