

OPERATION: LOSE IT



This weight loss & fitness competition will help you drop those few extra, pesky pounds that are still hanging around from the holidays. **Cash Prizes** will be awarded for both points & percent weight loss.

February 25 - April 7

Cost: \$10

Prizes:

- All participants receive a T-shirt or Water Bottle
- **Cash Prize:** Person with the Fitness Most Points
- **Cash Prize:** Person with the Largest % Weight Lost

Earn Points By:

- Attending Fitness Classes
- Personal Training Sessions
- Keeping a Food Journal
- Weekly Weigh Ins
- Completing Consult & Orientations
- Weekly % Weight Loss

Owned and Operated by
Fargo Park District:



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