

## 6TH ANNUAL BARSTOW

# LOSE TO WIN

## Weight-Loss Challenge

THIS COMPETITION IS DESIGNED TO JUMP START YOU TO ACHIEVING A MORE FIT, HEALTHIER YOU.\*

### Entry Fee

- \$79 early-bird entry fee per individual before May 9, 2014
- \$99 entry fee after May 10 to May 23, 2014

### The Benefits

- Fun and challenging way to become healthier!
- Learn how to exercise and eat for better health
- Three-month membership to Fitness MD 24-7 Gym and all classes included (\$138 value)
- Potential to win \$1,000 to \$300, plus a one-year membership to Fitness MD 24-7 Gym to continue your new, healthier lifestyle (only one prize package per person)

### Registration

- Register at Fitness MD 24-7 Gym, 320 Main Street, April 7 through May 23, 2014

### Eligibility

- Be at least 18 years of age
- Have at least 20 pounds to lose
- Have a body mass index (BMI) of more than 30
- Commit to exercising at least five times per week
- Attend a minimum of three educational and fitness classes a week at Fitness MD 24-7 Gym
- Consult with your physician to ensure you are physically able to participate in a challenge of this nature
- Fill out a medical questioner and a consent and release of liability form for Barstow Community Hospital, Fitness MD 24-7 Gym, challenge partners
- Cannot have had weight-loss surgery (including, Lap Band, gastric bypass, bariatric, or other) in the past 12 months
- Limited to two lifetime challenge prizes
- Complete a W9 tax form in the event you win a cash prize

\* Restrictions apply. The presenters reserve the right to make changes to the challenge as necessary and all committee decisions are final.

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For questions about the weight-loss challenge, contact **Fitness MD 24-7 Gym** at **760-255-3639**.



320 E. Main Street • Barstow, CA 92311  
[fitnessmd24-7.com](http://fitnessmd24-7.com)



820 E. Mountain View Street  
Barstow, CA 92311  
760-256-1761  
[BarstowHospital.com](http://BarstowHospital.com)

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# WEIGHT-LOSS CHALLENGE



May 27 to September 2, 2014

THIS EVENT PRESENTED BY

