



Summer Weight Loss Challenge

10-Week Competition

EQT REC Center invites you to join our Summer Weight Loss Challenge. This competition for both men and women encourages you to change your lifestyle to achieve a healthier mind and body. It's a 10-week program that will emphasize nutrition and physical activity to reduce the risk of developing chronic disease.

- +Cost to participate: \$5
- +Dates: May 18 - July 29
- +How to win: Lose the highest percentage of body fat in 10 weeks
- +Prize: Half of all paid challenge fees
- +Weigh in May 18-21, June 29 - July1, and July 27-29
- +A tie will go to the winner with the most check-ins

Register at the Welcome Desk or online today. Some restrictions and exclusions apply. Visit eqtrecenter.org/rules for complete contest rules.

For more information
724-627-2739

400 EverGreene Drive
Waynesburg, Pennsylvania 15370

eqtrecenter.org
bwashington@eqtrecenter.org

