



Waist Management

Healthy Lifestyle Competition

**12 WEEKS TO A
HEALTHIER YOU!!**

**Starts on
January 24,
2012**

Entry Fee: \$20

(Fees are added to winnings)

**FINAL
WEIGH-IN
APRIL 17, 2012**

General Guidelines

- ⌘ Must be at least 18 years of age and live or work in Gallatin County to participate.
- ⌘ Entry fees will be used for weekly prizes and grand prizes.
- ⌘ Grand prize money will be split among one male and one female winner.
- ⌘ Winners will be decided based on overall percentage of weight lost.
- ⌘ Will be a weekly winner based on person who loses the highest percent of weight **AND** completes the weekly challenge.
- ⌘ Participants must weigh in at the Gallatin County Health Department every Tuesday 8:00 am—6:00 pm (closed from noon-1 pm for lunch)
A place of employment may choose to be a designated location for their employees. Contact **Dianne Coleman at the number below.
- ⌘ Participants are required to weigh in at their designated location at least 9 of 12 weigh-ins to qualify for the grand prize.
- ⌘ Participants will be emailed charts indicating competition standings by Thursday each week.
- ⌘ All participants will receive weekly tips and challenges to help them turn their weight loss efforts into a lifestyle for long term success.
- ⌘ Applications and a complete list of guidelines are available at the Gallatin County Health Center.

GALLATIN COUNTY HEALTH DEPARTMENT

**FOR MORE INFORMATION
CONTACT: DIANNE COLEMAN
859-567-2844**