

# CHOOSE TO LOSE!

KICKAPOO COMMUNITY FITNESS PROGRAM is sponsoring a weight loss challenge for the Kickapoo Community. This includes all employees and community members.

**Guidelines:** 4 people per team

Cost is \$20 per team to enter

**Start date:** November 4, 2013 (Can Weigh in any time during the week) - **End date:** January 31, 2014

Last time to weigh in will be January 30, 2014 with Winners being announced on January 31, 2014.

Weigh in is at the DPP building.

Weigh in is every two weeks.

Prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place Team Losers. (**WINNERS!!**)

Also Prizes for the Most Individual Weight loss 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>

Contact: Lucas Homes, Fitness Director for registration forms and more information, 785-486-2260 or

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