



Challenge Your Body

MAINTAIN **DON'T** **Gain!**

JOIN THE MAINTAIN – DON'T GAIN CHALLENGE TODAY! Begins November 6th!

Did you know that most Americans gain between 10-15 pounds between Thanksgiving and the New Year? While this amount doesn't sound too threatening to some people, most individuals don't lose the excess weight and the cumulative effects over several years can contribute to a substantial increase in body fat, weight, and inches. Not only does this impact one's quality of life and self-esteem, it increases the risk for several chronic diseases including heart disease, diabetes, and cancer. **DON'T LET THIS BE YOU!**

With this in mind, THIS holiday season Challenge Your Body wants to encourage everyone to resist the temptation to overindulge over the holidays by signing up for our **8 week Holiday Maintain Don't Gain Challenge**. It has been proven that being accountable to someone will not only help you stay focused and aware of making better choices, but it also creates positive energy and helps keep you from sabotaging yourself.

9675 E. 148th St, #200, Noblesville, IN 46060
(317) 578-8800

THE MORE PARTICIPANTS, THE GREATER YOUR PRIZE AMOUNT!

How It Works:

- Sign up for \$25 online or in person at CYB and receive one raffle ticket.
- Beginning weight will be taken at the beginning with a staff member or by video sent to kevin@challengeyourbody.com.
- Ending weight will be taken with a staff member OR by video and sent to kevin@challengeyourbody.com.
- Final weight must be taken between December 26th and Dec 30th and MUST BE no more than 2 pounds greater than official start weight. Any amount of weight loss is acceptable.
- One WEEKLY name will be drawn every Saturday morning after Bootcamp (prizes TBD).
- One GRAND PRIZE name will be drawn. The award will be 50% of the total fees collected with a minimum Grand Prize of \$100. **THE MORE PEOPLE SIGNING UP, THE BIGGER THE POT!**
- Grand Prize drawing will be on Saturday January 6th.

GET YOUR FRIENDS AND FAMILY INVOLVED

WIN ADDITIONAL RAFFLE TICKETS Weekly

To collect additional raffle tickets, you must be registered as a contest participant. The sooner you sign up, the more opportunity to collect more entries and winnings!

- **Receive 3 Raffle Tickets** - Create a Buzz on Facebook, Twitter, or Instagram. You must mention Challenge Your Body in your post. This post can be video or a shout out.
- **Receive 3 Raffle Tickets** - Refer a friend to sign on to the challenge and earn 3 raffle tickets. They can sign up at any time for \$25 which earns them one ticket. However, the sooner they enter the more opportunities they will have to win!
- **Receive 1 Raffle Ticket** - Weigh in each week with an accountability partner. (CYB does NOT need to be present.) If weight has been maintained, you will receive one raffle ticket (all done in good faith.) Partner must inform a staff member so the raffle ticket can be provided.
- **Receive 1 Raffle Ticket** - Every workout a participant attends at CYB will earn one raffle ticket entry for the drawing. (It is the participant's responsibility to ask for the ticket from a staff member at the time of class.)
- Many more contests will be available throughout the 6 weeks and posted.

**This contest is a fun way to hold yourself accountable.
Let's all support one another and have fun!**

MAINTAIN **DON'T** Gain!