

Biggest Winner

2019

Want a jump-start to a new year/new you? Join this 10-week program offering participants weekly health challenges, team support, group workouts, motivation, prizes, fun and MORE! Lose weight or simply get back on a healthy track by mixing up your exercise routine and tightening up your eating plan. Designed for all fitness levels, the program includes gym membership for non-members at both facilities. Be a Winner and grow stronger every day!

BIGGEST WINNER KICKS OFF JANUARY 14!

WHAT TO EXPECT

COMPETITION: Work as part of a team, earning points by completing weekly fitness challenges.

WEIGH-INS: Trying to lose weight? Regular weigh-ins track your progress.

GROUP WORKOUTS & COOKING DEMOS: Join us for monthly Biggest Winner group workouts. We are excited to partner with Martin's Supermarkets to offer cooking demos/nutrition guidance after the workouts.

WEEKLY FITNESS CHALLENGES:

The fitness challenges are the heart of the contest and will be emailed to each participant. You choose which challenges you wish to complete and all can be modified based on skill level and/or physical limitations.

DAILY EMAILS: You will receive an inspirational Biggest Winner email each weekday. As well as providing additional motivation, these emails offer program reminders and additional health resources. You will also receive periodic emails from team members who may rally the group for certain events or options to get together.

FOR MORE INFORMATION, CONTACT
BHardy@beaconhealthsystem.org

REGISTER FOR EITHER LOCATION AT

GRANGER: <https://bit.ly/2Dod91Q>

SOUTH BEND: <https://bit.ly/2ARg68K>



For Beacon Health System Associates, **50 LiGHT points** can be earned at the completion of the program.

Associates also receive **20% OFF** the Biggest Winner enrollment fee.

 **BEACON** Health & Fitness

