

Spencer County Biggest Loser Challenges

September 1- October 31, 2010

Must register and pay by September 1 to participate!

**Biggest Loser Kick-Off August 31, 2010 6 PM at the Spencer County Extension Office **

2 ways to participate!

Individual Challenge

- Cost per individual is \$10
- \$50 will be awarded to the Biggest Losing individual female, male, and child who has the most change in their body mass index (BMI), and % weight loss.
- \$50 will be awarded to the individual who attends the most classes.



Team/Family Challenge

- Each team can have up to 4 members.
- A family can have as many members that are in your immediate family
- Cost is \$20.00 per team/family.
- A \$100 awards will be given to the Biggest Losing team/family.

For registration and rules contact:

Spencer County Extension Office at 477-2217, stop by the Spencer County Extension Office to pick up your packets, or visit our website at www.spencerextension.com to print off a packet.