



Biggest Loser Challenge 7 2008



When: September 12 through December 19

Where: Stout Fitness Center

Cost: \$300

You too can be The Biggest Loser by following a diet and fitness program similar to that used by contestants on the NBC TV show of the same name. In our program, there are no televised temptations of gooey brownies or cheesy pasta, no ranch to live at, and no cash reward. What we offer is a structured workout environment and guidelines on how to improve your level of fitness and overall health.

What you get is:

- Personal Group Training Sessions, 3 times a week for 3 months (\$600 value) Sessions are M – W – F 4:00 to 5:00 or 4:30 to 5:30
- Personalized Workout Programs (\$100 value)
- Three Bioimpedance Body Fat Tests (\$15 value)
- Optional Fitness Assessment (\$39 value)
- Book: “Sixteen Weeks to Weight Training Success” (\$40 value)
- Weekly Fitness Newsletters and Nutritional Information
- Pedometer and Water Bottle
- Camaraderie of others in the Biggest Loser Challenge (Priceless!)

Get the Biggest Loser Signup Packet at the Stout Fitness Center Snack Bar

For more information, contact Mike Lind at:

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