



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# IT'S TIME TO TURN BACK THE SCALE



## LOSE BIG: Weight Loss Challenge August 31 - October 25, 2020

The YMCA's Lose Big weight loss challenge has seen amazing results over the past ten years! Over 1,000 pounds were lost by Lose Big participants! Hundreds of individuals have successfully transformed their bodies creating a healthy lifestyle while having fun! Studies show you will push yourself harder and stay more motivated if you participate in a fitness program. Each participant will have a coach and will be put on a team to help hold them accountable.

Register NOW, and prepare to LOSE BIG! Classes will be offered Downtown, at Kerasotes, and virtually **Due to Covid-19, groups will only allow for no more than 10 people.**

**MEMBERS \$69**

**MEMBERS VIRTUAL \$99\***

**PUBLIC \$265\***

Public price includes individual YMCA basic membership privileges for the duration of the program.

\*Equipment included for virtual classes

### PARTICIPANTS:

- Must be cleared by a physician which states physical strenuous activity is allowed and, for health reasons, want to lose a minimum of 20 pounds (Par Q form available on our website at [springfieldymca.org](http://springfieldymca.org))
- Must be 14 years or older
- Must select a team to be on based on their own schedule preference
- Must attend 2-4 group exercise classes a week or complete a certain amount of hours outside team workouts
- Must attend a weekly weigh-in and Team workout
- Must attend 1 out of 2 team challenges



"...I chose to do the Lose Big Challenge because I feel the competition aspect of the event fuels my fire to improve my health. My wife and I competed in the team challenge a few years ago and finished in the top 3 of combined weight loss. The weekly tracking of eating/workouts offers a good way to hold yourself accountable for the eating/workout choices you've made. The dietitian class really opened my eyes to the importance of filling your plate half with vegetables. I wouldn't consider myself a vegetable first guy but thinking "where are my vegetables" allowed me to fill my belly with something that provided me with good clean energy for the day and cut my calorie intake. I could definitely tell when my eating slipped because it made my gym workouts more difficult. I dropped over 30 pounds in this program. Staying with the program is what helped me the most. I knew that it would be a grind, but I wanted the results. When tempted to go off track, I would remind myself that consuming a meal or skipping a workout would not help me accomplish what I wanted. My clothes feel looser on me and I feel less winded when doing an activity. Overall, I really enjoyed the program!" - Christopher

**Program Kickoff:**

Sunday, August 30

Each location will have their kickoff at 2:00 PM

Virtual kickoff begins at 4:00 PM

Program begins August 31

**CHOOSE YOUR COACH!**

**Kerasotes**

Katy - Thurs. 6:30 PM

**Downtown**

Julie - Mon. 6:00 PM

DeAnne - Thurs. 6:00 PM



The winners at each location will be determined by the greatest percentage of total weight loss during the competition. There will also be special team vs. team challenges throughout the program.

Please see our website at [springfieldymca.org](http://springfieldymca.org) for complete program details.

**Change your life today!**

**REGISTRATION FORM (one form per participant)**

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell # \_\_\_\_\_

Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Weight (approx.) \_\_\_\_\_ Height \_\_\_\_\_

Please select your Coach from above \_\_\_\_\_

**Space is limited. Register Soon:**

Member \$69.00 \_\_\_\_\_ Member Virtual \$99.00 \_\_\_\_\_ Non-Member Individual \$265.00 \_\_\_\_\_

**Include a Myzone™ Belt to Enhance Your Workout:**



Myzone™ Belt (Member) \$80.00 \_\_\_\_\_ Myzone™ Belt (Non-Member) \$139.00 \_\_\_\_\_

I would like to make a gift to help a child participate in YMCA programs. I am adding \$\_\_\_\_\_ to my Lose Big registration for the YMCA Strong Kids Scholarship Fund. All gifts are tax deductible.

I hereby register for the Lose Big Challenge. I allow the YMCA to seek emergency care for me if required. I also grant the YMCA permission to use photographs of me in promotional materials such as brochures, ads, website or newspaper releases. I will not be informed or reimbursed for such photographs.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Contact:**

Lisa Beck  
Director of Health & Wellness  
lbeck@springfieldymca.org  
217-679-1625 ext. 183

Office Use Only: SE20  
Amount Paid: \_\_\_\_\_  
Date \_\_\_\_\_ Staff \_\_\_\_\_  
Branch 1 \_\_\_\_\_ Branch 2 \_\_\_\_\_