

# SWEET HOME BIG LOSER WEIGHT LOSS CONTEST

- **Contest begins January 12, 2009. The final weigh-in is April 2nd.**
- **The winner will be determined by the highest percentage of weight loss in the 12 week period.**
- **The winner will be announced in the April 8th edition of The New Era.**
- **The Grand Prize package consists of: \$200 Cash from The New Era, a 3 month membership to Steelhead Strength & Fitness, a 1 year membership to Curves for Women, a gift certificate to Periwinkle Provisions, and bragging rights in town (not to mention a healthier body).**
- **A \$10 gift card PLUS \$10 cash will be awarded every two weeks to the person with the highest percentage of weight loss during the two week period. (Note: this is not a cumulative weight loss, but for the two week period only.)**

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## CONTESTANT REMINDERS:

- **WEEKLY WEIGH IN:** every Thursday 4:00 - 6:30 pm at either Curves for Women or Steelhead Strength and Fitness. You may call them to make other arrangements if you are unable to make this weigh in time. (Note: you must weigh with the same fitness facility every time.)
- **DIARY:** keep a diary of how you are doing (what is working, what your struggles are) and submit this to The New Era each week by 5pm on Thursday. You can e-mail to [michelle@sweethomenews.com](mailto:michelle@sweethomenews.com); drop off at 1313 Main Street; or fax in 367-2137. This does not have to be real in-depth, just a couple of sentences to let our readers know how things are going with you. We will publish portions of these journals in our weekly feature on the contest. With so many contestants, you will not be featured each week.
- **WE WILL TRACK** all of the contestants' progress in The New Era each week - we will have a weekly feature with diary submissions, bi-monthly weight loss amounts (we will NOT publish your weight) PLUS plan on reading this section for tips and ideas to help you accomplish your goals. If you aren't a subscriber, it's just \$30 for the year or 75¢ per week on the news-racks. Call or stop by our office to subscribe.
- If at any time you decide to withdraw from the contest, please call us at 367-2135. (If we don't not receive diary submissions from you and/or you do not weigh-in for more than three weeks, you will be withdrawn from the contest). Your name will be listed as withdrawn from the contest.

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## HERE ARE SOME PLACES TO VISIT TO HELP STAY FOCUSED ON YOUR WEIGHT LOSS GOALS:

- Both Curves for Women and Steelhead Strength & Fitness are offering membership specials for Big Loser contestants. Both gyms offer a variety of services and eating classes - not just workouts. Contact them for more info: Curves for Women 367-1699 • Steelhead Strength & Fitness 367-1904
- Periwinkle Provisions sells vitamins, supplements, bulk foods (including whole grains, fiber and much more), Stevia (a natural sweetener), and offers nutritional counseling - 1101 Main Street, 367-6614
- Weight Watchers meets in Sweet Home on Wednesdays at 6:15 at the Senior Center
- [www.thedailyplate.com](http://www.thedailyplate.com) - this is a free on-line food journal, calorie counter & fitness log
- The Biggest Loser Club - based on the popular TV show - join on-line at [www.biggestloserclub.com](http://www.biggestloserclub.com)
- TOPS (Take Pounds Off Sensibly) meets Wednesday mornings (call Barb 367-4281 for info) and Thursdays at 5 pm at the United Methodist Church.
- [www.sparkpeople.com](http://www.sparkpeople.com)
- [www.dwlz.com](http://www.dwlz.com) (Dottie's Weight Loss Zone)
- Dr. Tim Hindmarsh will be speaking on weight loss with motivational tips each Thursday night from 7:30 - 8:30 in the classroom upstairs at Steelhead.

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