

Take the

# Biggest Loser

*Challenge*

## You Get

- Weekly Health Presentations
- Tasty and Nutritious Recipes
- E-mail tips
- Improved Nutritional Habits
- Plenty of Support  
for Reaching Your Goals

## You could be a Winner

Win the Challenge and get cash and prizes. Participate and learn how to lose weight and improve your health.

## Program Starts Jan. 4

Sign up by Jan. 4 at:  
Wild River Fitness  
933 248th St.  
Osceola, WI 54020  
Call 715-294-2164 for  
more information.

Join Osceola Medical Center and Wild River Fitness and we'll help each other reach our "Biggest Loser" weight loss goals. This 12-week Challenge brings together experts in fitness, health and nutrition to help you reach your goals. Come with your family, a friend or individually.

Program fee is \$20 a person. All program fees will be used in prizes for participants.

First place Challenge winner will get a free, one year membership to Wild River Fitness and 60% of the program fees. Second place wins a six-month membership and 40% of program fees.

As a Challenge member you are eligible for a special WRF membership for the length of the program for a reduced price of \$25 a month.

*Wild River*  
**FITNESS**

