

Walk your "Weigh" to better health!

Team Weight Loss & Walking Challenge

to benefit Cape Cod Health Care at Fontaine Medical Center

FREE Information Session: Mon. Jan 2, 11-11:30 am

Where? Chatham Health & Swim Club, 251 Crowell Rd., Chatham

What is it? A 6-week diet and exercise program for weight loss with proven success! Each participant is tracked privately and assigned to a team. The team that loses the most weight and walks the farthest in 6 wks WINS prizes. Grand prize is a one-year membership to Chatham Health & Swim Club based on raffle chances, increasing with the more weight you lose or distance you have walked.

How do I enroll? Come to the Chatham Health & Swim Club on Monday, Jan. 2 between 7am - 5pm for:

- Private weigh in, pedometer, and group assignment
- Bring donation fee of \$90 for members, or \$120 for non-members & pedometers for \$10
- (checks payable to Cape Cod Health Care Foundation)

Program Structure:

- Weigh-ins: Each participant will be weighed privately Mon. Jan. 2 and then *every* Friday (from 7am - 5pm) until the program ends on Feb. 10
- Diet Info: Weekly specific diet and exercise plans will be provided every Friday at the Club. (land and pool-based)
- Classes: FREE special calorie burning classes with sign up during Friday weigh-ins:
Mon: 10- 11am: Fitness room guided workouts with Mark.
Tu. 11-12, Wed. 9:30-10:30, Th. 3-4: "Rowing for weight loss" classes
- Tracking: Participant's results will be anonymous and only the group's total weight loss & pedometer distance (or pool walking) will be recorded and tracked on a chart at the club.

2010 & 2011 Results: 1288 pounds were lost and over 200 people participated!

FACT: People who exercise and participate in groups have the highest success rate.

We will keep you motivated and accountable.

Give it a try! What do you have to lose????

Sign up at the front desk or call 508-945-3555 to reserve!

