



SUMMER SLIM DOWN

CATCH YOUR WAVE TO WEIGHTLOSS 2017



Wave goodbye to winter weight and wave hello to good health! The Milwaukee Y is here to help you tone up in time for summer. Join us for our spring wellness challenge series - Summer Slim Down! This six-week challenge is sure to help you gain muscle, lose weight, and feel great for summer.

HOW IT WORKS: Teams of 2-4 from across the Milwaukee Y association will compete against each other for the highest percentage of improvement in body composition (increase in lean muscle mass and decrease in body fat). 2 free Inbody 230 body composition tests will be provided (\$20 value). Participants will be given a "Challenge of the Week" which includes a different set of workouts and exercises. Participants will also have exclusive access to a Facebook support group led by a certified personal trainer. The group is specifically designed to help you stay on track by encouraging health and fitness related discussions, providing open Q&A, and weekly tips and tricks for success. At the end of six weeks, prizes will be awarded to the top team at each Center. Participants will receive a team t-shirt upon completion of the program. Sign up on one of our staff led teams or grab a friend and register at the membership desk!

REGISTRATION DATES: **Early Bird:** April 10-23; **Open Registration:** April 24 – May 7

CHALLENGE DATES: May 8 - June 18

FEES:

- **Early Bird:** Y Member - \$25; Community Participant - \$90
- **Open Registration:** Y Member - \$30; Community Participant - \$95
- **Late Fee:** An additional \$5 will be added to registrations made on or after May 8

FOR MORE INFORMATION: For more information, please see the rules and regulations on the back of this flier or contact our Fitness Director, Carley Hoelzel, at 414-274-0807 or choelzel@ymcamke.org.

Rules and Regulations

- Open to all YMCA Wellness Center members. (Ages 10+ with Youth Wellness Orientation)
- Teams must consist of 2-4 members.
- Participants must complete Inbody weigh-in with a fitness staff member prior to the challenge start dates, April 26-May 6. Final weigh-out will occur between June 8-16.
- Each week will highlight a different "Challenge of the Week."
- Team members can log their weekly workouts under their team's tracking tab in a binder located in the Fitness Center.
- Each week participants are given recommended workouts to complete in order to work towards their body composition changes.
- Complete weekly weigh-ins for additional prizes.
- Each participant will receive a team t-shirt.
- Check out and join staff led teams in a binder located at the wellness center desk.
- Join our Facebook support group led by certified personal trainers to receive exclusive access to weekly tips and tricks to success, Q&A, health and fitness discussions, and weekly recipes.
- Facebook questions will be answered within 48 hours.

Prizes:

- Winners will be determined by the highest percentage of change in body composition (increase in lean muscle mass and decrease in body fat). The top team at each Center will receive a grand prize.
- All participants are eligible to receive weekly weigh-in prize

Weekly Weigh-In Incentives:

- Weigh in with a wellness coach weekly to earn your chance to win weekly prizes.
- Weigh ins will take place Mondays and Tuesdays between 730a-930a and 5p-7p. If these times do not work for you, please see a wellness staff. The top team with highest amount of weight lost will receive a weekly prize. Leaderboards will be posted Wednesdays at 9am.