

Join our  
third annual

# GET FIT Challenge

and WIN

CASH!



**\$3,300**  
**UP FOR GRABS!**

**\$1,600**

to the winning team  
\$800 the 2nd place  
\$400 to 3rd place

*Also...*

**\$250 each for the  
top male & female  
weight loser.**

### Contest Rules

1. All teams must be pre-registered with The Daily Nonpareil prior to the initial weigh-in.
2. All teams shall pay the \$40 team fee at time of registration. (Only \$10 each!)
3. All teams must have a "Team Name" at time of registration.
4. Names of all team members must be provided at time of registration.
5. All teams must register no later than 5pm on Wednesday, January 25th.
6. All registration forms and fees must be mailed to or dropped off at the offices of The Daily Nonpareil at 535 W. Broadway, Suite 300, Council Bluffs, IA 51503.
7. Weights of all individuals will remain confidential. Only "team weights" will be released at the beginning and end of the Challenge.
8. All teams will be photographed at time of weigh-in.
9. Winners will be determined by the percentage of total "team weight" lost.
10. Use of all commercial diet pills is prohibited.

### Weigh-In Rules

1. All teams shall weigh in at the Mid-America Center, 1 Arena Way, Council Bluffs, IA, on Saturday, January 28th, from 9:00am to 3:00pm. Tentative weigh out date is Saturday, April 7th at the Council Bluffs Community Center.
2. All teams must weigh in at both the beginning and the end of the Challenge.
3. All teams must be made up of four team members.
4. No team members can be added, subtracted or replaced during the Challenge.
5. Individuals must wear similar-type clothing at both weigh-ins.
6. All pockets must be empty and no cell phones or other devices can be attached during weigh-ins.
7. No shoes shall be worn during any weigh-in.

**Bonus Gift - All participants will receive a complimentary 2-week pass valid at any metro area YMCA!**

**GET FIT Challenge**

*Mail or drop off your registration  
form and fee at the offices of  
The Daily Nonpareil!*



Team Name \_\_\_\_\_

Team Members

1. Name \_\_\_\_\_

Email \_\_\_\_\_

2. Name \_\_\_\_\_

Email \_\_\_\_\_

3. Name \_\_\_\_\_

Email \_\_\_\_\_

4. Name \_\_\_\_\_

Email \_\_\_\_\_

Via your email address, we will provide you weekly health tips and information during the Get Fit Challenge competition along with important reminders regarding weigh-out dates, times and location.

**All weigh-ins take place at the Mid-America Center, 1 Arena Way, Council Bluffs, IA, on Saturday, January 28th, from 9:00am to 3:00pm.**

Contact Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

**Enclose your \$40 registration. Make check payable to The Daily Nonpareil**

Registrations taken through Wednesday, January 25th. Send your registration and fee to The Daily Nonpareil, 535 W. Broadway, Suite 300, Council Bluffs, IA 51503



**4 Person Teams**  
will compete to achieve the  
highest percentage of weight loss.

Are you looking for the motivation to Get Fit? 2011 Participants lost nearly 5,570 pounds!