

WINTER WARRIOR

FEBRUARY 3 - APRIL 11

- Team Challenge Must be a Wellness Center member to participate, teams of 2-6 people
- Perks of the Challenge
 - Pre & Post InBody Composition Scans
 - Beginner, Intermediate & Advanced **Gym Workouts**
 - Weekly Trainer & Nutrition Tip
 - Free Group Exercise Classes
- Criteria
 - First Place Team Team with Highest **Body Fat Percentage Lost**
 - First Place Individual Most Improved Strength



\$100 Visa Gift Card* **Team Cooking Class**

1st Place - Individual Individual \$100 Visa Gift Card*

*Gift cards subject to tax

COST: \$30/person

REGISTRATION: 217.214.5858

Deadline January 24 at 3 pm, no exceptions

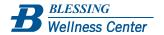
To register, please email blessingwellnesscenter@blessinghealth.org



217.214.5858

blessinghealth.org





Winter Warrior II Guidelines

InBody Scan Preparatory Steps

Follow these guidelines for your InBody Scan to ensure consistent testing conditions and the most accurate results:

DO maintain your normal fluid intake the day before **DO** use the restroom before your scan

DON'T eat for at least 4 hours prior to scan **DON'T** exercise within the 8 hours prior to scan

Challenge Guidelines

- You must be a member of the Blessing Wellness Center to participate. If you are not currently a member, you are required to schedule a new member registration appointment prior to the challenge registration deadline. A new member registration appointment can be made by calling the Wellness Center at 217-214-5858.
- Participants are NOT allowed to register for their teammates. Anyone wanting to participate in the challenge must register themselves.
- In order to register, a credit/debit card must be on file.
- Registrations after 3 pm on January 24 will not be accepted. No exceptions will be made to this deadline.
- Team with highest body fat percentage lost. The difference in body fat percentages will be calculated from the teams' pre and post InBody Scan results and averaged to determine the winning team
- Individual with most improved strength. Most improved strength will be determined using a Dominant Hand Dynameter. The participants' pre and post test results will be compared to determine which individual has had the greatest improvement.