

# WELLNESS WARS

## WINTER WARRIOR II

### 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

### **PRIZES**

**1st Place - Team**  
Traveling Trophy  
\$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](mailto:blessingwellnesscenter@blessinghealth.org)

 **B** *BLESSING*  
Wellness Center

**217.214.5858**

[blessinghealth.org](http://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 Dynamometer. The participants' pre and post test results will be compared to determine which individual has had the greatest improvement.