



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ZERO GAIN CAMPAIGN

WEIGHT GAIN PREVENTION OVER THE HOLIDAYS

Step 1: Get registered. The cost is only \$15 per participant (18+)

Step 2: Weigh-in at the Wellness Center with a Wellness Staff during the week of November 12th-November 22nd

Step 3: Weigh-out at the Wellness Center with a Wellness Staff during the week of January 2nd -6th



Maintain or lose your weight during the holiday season to be entered into a drawing for one of two prizes: 4 personal training sessions, a one-month FREE Family Membership, or a two-month single membership. You will also have opportunities to earn more entries/chances to win.

So, if you're looking for extra motivation to keep those holiday pounds off, look no further. You can find more information and complete your registration online at ymcaerie.org, through our mobile app, over the phone, or in person at your local Y Welcome Desk.