



SUMMER SIZZLE CHALLENGE



JUNE 2 - JULY 25

- **Individual Challenge** - Must be a Wellness Center member to participate
- **Perks of the Challenge**
 - Pre, Optional Midpoint, & Post InBody Composition Scans
 - Beginner, Intermediate, & Advanced Workouts
 - Free Group Exercise Classes
 - Free 30-Minute Nutrition Counseling Session
- **Criteria** - Prizes awarded to the top 3 individuals with the highest increase of skeletal muscle mass

COST: \$40/person

REGISTRATION: 217.214.5858

Deadline May 23 at 3 pm, no exceptions

To register, please call or email
blessingwellnesscenter@blessinghealth.org

PRIZES

1ST PLACE
\$300 VISA GIFT CARD

2ND PLACE
\$200 VISA GIFT CARD

3RD PLACE
\$100 VISA GIFT CARD

*Gift cards subject to tax

B **BLESSING**
Wellness Center

blessinghealth.org



Summer Sizzle Challenge 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.
- **In order to register, a credit/debit card must be on file.**
- **Registrations after 3 pm on May 23 will not be accepted.** No exceptions will be made to this deadline.