



SUMMER SLIM DOWN CHALLENGE 2018

Get Fit, Have Fun & Soak Up the Sun

Grab your family and friends for some summer fun in the sun with the YMCA of Metropolitan Milwaukee. Join us for *Summer Slim Down*, the latest offering in our wellness challenge series. This six-week group challenge is sure to help you gain muscle, lose weight, and feel great for summer.

HOW IT WORKS:

Teams of 2-6 individuals from across the YMCA of Metropolitan Milwaukee will compete against each other for the highest percentage of improvement in body composition (increase in lean muscle mass and decrease in body fat). Participants receive 2 FREE InBody 230 body composition tests (\$20 value), along with a "Challenge of the Week" which includes a different set of workouts and exercises for individuals and families to do every week. Participants will also have exclusive access to a Facebook group where we'll share healthy recipes and weekly tips for success. At the end of six weeks, prizes will be awarded to the top team at each branch. Participants will receive a team t-shirt upon completion of the program.

CHALLENGE DATES: May 7 - June 17

REGISTRATION DATES:

Early Bird Registration: April 9-22;

Open Registration: April 23 - May 6

FEES:

Early Bird Registration: Y Member - \$25;
Community Participant - \$85

Open Registration: Y Member - \$30;
Community Participant - \$90



**An additional \$5 will be added to registrations made on or after May 8*

NEW THIS YEAR:

Family Discount: \$65 (up to 4 individuals on same membership)
For each additional family member, \$15 per person up to 2 additions

FOR MORE INFORMATION:

For more information, please see the rules and regulations on the back of this flier or contact Carley Hoelzel, Senior Director of Healthy Living at 414-274-0807 or email choelzel@ymcamke.org.

Rules and Regulations:

- Open to all YMCA Wellness Center members. (Ages 10+). Youth orientation included for ages 10-16.
- Teams must consist of 2-6 members.
- Participants must complete Inbody weigh-in with a fitness staff member prior to the challenge start dates, May 7-June 17. Final weigh-out will occur between June 10-17.
- Inbody, body composition tests will be available to all participants, but will only be considered in the competition for those 18 years and older for grand prize eligibility.
- Team members can log their weekly workouts under their team's tracking tab in a binder located in the Wellness Center.
- Each week participants are given recommended workouts to complete in order to work towards their body composition changes.
- Each participant will receive a team t-shirt.
- Check out and join staff led teams in a binder located at the wellness center desk.
- Join our Facebook group to receive exclusive access to weekly tips and tricks to success, challenges of the week, and weekly recipes.

Prizes:

- Winners will be determined by the highest percentage of change in body composition (increase in lean muscle mass and decrease in body fat). The top team at each Center will receive a grand prize.
- Raffle ticket winners will be drawn weekly.

Raffle Entry:

- Completion of Challenge of the Week will get each participant 1 raffle ticket entry.
- Completion of family/group Challenge of the Week will get each participant 1 raffle ticket entry.
- Posting a picture of your weekly efforts (healthy recipes, weekly workouts, challenge of the week) will get each participant 1 raffle ticket entry.

Challenge of the Week:

- Individual and family-specific weekly challenges will be posted on Facebook and in the Wellness Center.