



NEWS RELEASE

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For Immediate Release

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YMCA Largest Loser Challenge

Warsaw, IN – The **Kosciusko Community YMCA** is hosting a winter Largest Loser Challenge starting this January. The contest is designed for those who need to lose weight, and would like some support, education, and a little competition to take charge of their health.

Being part of the challenge includes fitness classes instructed by personal trainers specifically for Largest Loser participants, nutrition & exercise seminars, two meetings with trained fitness staff to set up a personal workout program, body composition tests, weekly weigh-ins, free use of the facility for non-members, and prizes for the winner. Prizes include two 6-month memberships. The Largest Loser Weight Loss winner is determined by the highest percentage of body weight lost during the competition. There will also be a Largest Loser Dedication Award to the participant who attends the most exercise and nutrition classes.

Registration is going on now until January 5. Pick up a brochure, including a calendar of Largest Loser events, at the YMCA Welcome Center.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

We Build Strong Kids, Strong Families and Strong Communities.