

# THE OUTING CLUB'S BIG LOSER COMPETITION

New for 2019:  
New Rules  
New Prizes  
More Nutrition  
More Inclusive  
More Participants

WANT TO FEEL AND MOVE BETTER?  
WANT TO LOSE A FEW POUNDS, TONE  
UP, OR GAIN MUSCLE?  
WANT TO MAKE 2019 YOUR  
HEALTHIEST YEAR YET?



**RESERVE YOUR SPOT NOW! CONTACT ANNE HELMS  
BEFORE JANUARY 3RD, 2019**

Email [Wellness@theoutingclub.com](mailto:Wellness@theoutingclub.com) or call 563-424-4597

**IN 2018, PARTICIPANTS LOST 280 POUNDS AND  
OVER 50% TOTAL BODY FAT!**