

# Weight Loss Competition

**Get to Your Summer Weight Now!**  
 Register February 5 through February 9, 2018\*

**Locations of Weigh-in** – For more information call Cardio Wellness Center at **816-751-8388** or the Cardio Health & Wellness Center website at [www.cardiowellnesscenter.org](http://www.cardiowellnesscenter.org). \*Please check with individual sites for availability of extended hours.

## SAINT LUKE'S CARDIOVASCULAR CONSULTANTS CARDIO HEALTH & WELLNESS LOCATIONS

### PLAZA

4321 Washington St, Ste 2400  
 Kansas City, MO 64111  
 7:30 a – 4:00 p

### NORTH

5844 NW Barry Rd, Ste 230  
 Kansas City, MO 64154  
 7:30 a – 4:00 p

### EAST

20 NE Saint Luke's Blvd, Ste 240  
 Lee's Summit, MO 64086  
 7:30 a – 4:00

### SOUTH

12330 Metcalf, Ste 280  
 Overland Park, KS 66213  
 7:30 a – 4:00 p

### MISSION FARMS

4601 Indian Creek Pkwy  
 Overland Park, KS 66207  
 7:30 a – 4:00 p

**Baseline Weigh-in** – You must weigh-in during one of these dates. Baseline and Final weigh-in must be completed at the same location.

Monday, February 5, 2018  
 Tuesday, February 6, 2018

Wednesday, February 7, 2018  
 Thursday, February 8, 2018

Friday, February 9, 2018

**Monthly Weigh-in** – Three options during March weigh-in

Wednesday, March 7, 2018

Thursday, March 8, 2018

Friday, March 9, 2018

**Monthly Weigh-in** – Three options during April weigh-in

Wednesday, April 4, 2018

Thursday, April 5, 2018

Friday, April 6, 2018

**Final Weigh-in** – You must weigh-in one of these final days. Baseline and final weigh-in must be completed at the same location.

Monday, April 30, 2018  
 Tuesday, May 1, 2018

Wednesday, May 2, 2018  
 Thursday, May 3, 2018

Friday, May 4, 2018

## **\$35 Entry Fee per Individual or Two Participants for \$50 Men's and Women's Individual Competitions**

Every four weeks you have the opportunity to have your weight measured and recorded for a total of four weigh-ins. You **must** weigh-in during the first session for your baseline data and you **must** weigh-in during the last weigh-in session for your final results.

We understand with busy schedules, you may need to miss one of the monthly weigh-ins. We do not encourage it, but this will not eliminate you from the contest.

During this time, participants may find it helpful to participate in our Cardio Health & Wellness Program, which is covered by most insurance plans. Also, information and encouragement will be available through the Cardio Health & Wellness Center website at [www.cardiowellnesscenter.org](http://www.cardiowellnesscenter.org) and Facebook page ([www.facebook.com/cardiofitness/](http://www.facebook.com/cardiofitness/)).

Winners will be determined by the greatest percent reduction in weight. Prizes will depend on the number of participants in each category. Five dollars (\$5) of each entry fee will apply towards administration costs of the program. Some monies will be used for raffle prizes at monthly weigh-ins.

The remainder of the money will be distributed among the winners. There will be a first (75%), second (15%) and third (10%) place prize for each category. Winners will be notified by May 31, 2018 and will be listed on the Cardio Health & Wellness Center website and Facebook page.

Encourage everyone you know to compete – it will increase the prize awards. Participants must be 16 years old and at least 12 months from pregnancy, gastric bypass or lap band procedure, laser, fat-freeze or liposuction, and not participating in a medically managed weight loss program, or a program attached to a specific supplement/food product (ie HCG diet, Medi-Weightloss, Slim4Life, Nutri-System, Jenny Craig, etc. *Weight Watchers is an approved program*). Full rules are listed on registration form. Photo ID will be required.

**2017 female winner won over \$3900.00 . . .**

**This could be YOU!**

**For more information, call the Cardio Health & Wellness Center at 816-751-8388**

**No refunds once enrolled in Competition**