

# BIGGEST WINNER COMPETITION

January 21<sup>st</sup> - April 12<sup>th</sup>, 2019

## Entry Fee:

- MHC Employees & Students first 50 FREE (\$20 after)
- MHC Alumni \$20
- Community \$40

## Add Ons:

- Biggest Winner Cash Prize Entry Fee \$40
- Personalized Fitness Program
- MHC Employees, Students & Alumni \$30
- Community \$40

## 12 Week Challenge Includes:

- Pre/Post Body Composition
- Goal Setting
- Tracking Form
- FREE MHC Group Fitness Classes
- Workout of the Week MHC Fitness Centre
- Private Facebook Group
- Workshops

To register please visit: [mhc.ab.ca/BFFL](http://mhc.ab.ca/BFFL)  
For more information please contact Brittney Nyrose at  
403-502-8986 or [bnyrose@mhc.ab.ca](mailto:bnyrose@mhc.ab.ca)

Cash prize amount allocated by amount of Cash Prize Entry Fees Collected: 50% Top Female & 50% Top Male.

Top Female & Male Winners determined by: Pounds of Body Fat Lost + Pounds of Dry Lean Mass Gained / (Initial Total Body Fat + Initial Dry Lean Mass)

All entries who submit their completed tracking forms will be entered into a Draw for BFFL Swag.

**First 50 MHC campus participants receive a free entry thanks to Mental Health Funding.**



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