

BIGGEST M.C. CHIP WINNER

Overall prizes in each community will be awarded for the greatest weight lost as a percentage of total body weight.

1st place \$500
2nd place \$300
3rd place \$100

Registration and initial weigh-in:

6:00 -7:00 p.m.

January 9th, 10th, 17th

(Heppner/Ione/Boardman)

January 10 and 17 (Irrigon)

The weekly weigh-in/education/activity
will meet Mondays at:

Sam Boardman Elementary

Heppner Elementary School

Ione Community Church

Tuesdays at:

Irrigon Jr./Sr. High School

Initial and final weigh-in is required to compete
for prize money.

- *Weight Loss Competition will run for 12 weeks*
- *Competition begins Monday, January 9, 2012 and ends on Monday, April 2, 2012*
- *Educational component and physical activity is offered free to all Morrow County residents*

A prize will be awarded each week to a participant randomly drawn from each community for attendance and exhibiting healthy behaviors.

- *Weight Loss Competition Fee \$15, maximum fee per family \$45*
- *Each participant will receive a t-shirt.*

Pre-program and post-program measurements of body mass index, blood pressure, and weight will be taken. Optional tests for blood cholesterol and glucose will be provided as a courtesy of the Morrow County Health District and Columbia River Community Health Services.

**FOR MORE INFORMATION ON BIGGEST
WINNER PROGRAM CONTACT:**

Phone: 541.676.2538

