

# Chiropractic Workshops

## 1st Annual Biggest Loser Contest!

**The New Year is only a few weeks away! Are you happy with your level of health and fitness?** BE the change you want to see in yourself, have fun and become a contestant for our First Annual Biggest Loser Contest held from January 18th to April 18th.

**Be our guest at our kick off party** – where we will announce the contestants, go over the rules and officially start the contest to see who can shed the most pounds in this three month period of time – just in time for those summer bathing suit days!

### **If you are ...**

- Willing to weigh in at our office on a weekly basis.
- Seriously committed to losing unwanted weight.
- Ready to change your lifestyle for a healthier, new you while having fun at the same time...

**Call Dr Jones at (636)928-5588  
to enroll yourself in this exciting contest.**

The **WINNER** will be announced at our grand finale celebration on April 18<sup>th</sup> and will receive a **ONE YEAR paid membership to Anytime Fitness**, split the **pot winnings**, and receive a **\$25 gift card to Dick's Sporting Goods** for some new athletic wear!

**Please see the rules and regulations page for more details.**



**Fitness**

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**Crosby Chiropractic Centre**  
**Contest: January 18<sup>th</sup> - April 18<sup>th</sup>**  
**Kick Off Party: January 18<sup>th</sup>**

Phone: (636) 928-5588  
331 Jungermann Rd, St Peters, MO

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**Fitness**

## **1st Annual Biggest Loser Contest!**

### **Rules and Regulations**

- **\$5 Entry fee!**
- **Anyone can join!**
- **Never too late to enter!**
- **Sign up at any of the 3 locations!**
- **Weigh in weekly at Crosby Chiropractic!**
- **The top 3 winners receive prizes and split the entire pot-earnings!**
- **Anytime Fitness in St Peters and O'Fallon will give all participants discounted month-to-month memberships and discounted personal training from January until April!**
- **Winners determined by percentage of BMI, weight and body fat lost!**



#### **Contact:**

**Dr Corey Jones- Crosby Chiropractic Centre (636)928-5588**

**Shelly Swart- Mgr St Peters Anytime Fitness (636)387-7777**

**Laura Gaffney- Mgr O'Fallon Anytime Fitness (636)474-8777**

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