The Bay College Wellness Committee invites you to participate in the…

10 - 10 - 10 - Program!

This stands for----10 pounds!
10 weeks!
10 bucks!

In this program, all participants contribute $10 bucks (real ones!!) to the 10-10-10 pot. Each participant sets a goal to lose 10 pounds over a 10-week period. Participants who reach their goal of losing 10 pounds get to split the pot. To sweeten the deal, the Wellness Committee will add 100 bucks (real ones!) plus 50 Bay Bucks!!! The least you can gain by losing that weight is the $10 you put in plus a little extra cash and a Bay Buck or two. So come on in -- and sign up!

The Kick-off day is --------**-Wednesday, Jan. 17**

Place----------**Bay College TRIO Writing Center, LRC 822 and Bay West Nursing Lab (See Connie Tresedder)**

Escanaba campus sign up & weigh-in times: **8-10 a.m., 4-5 p.m.** (Get a Bay Buck just for signing up!) To arrange a different weigh-in time, please contact Jennifer McCann, Ext. 1277 (mccannj@baycollege.edu). Remember, digital scales will be used, and shoes must be removed.

West campus sign up & weigh-in times: Please contact Connie at 774-4083 to set up a weigh-in time.

Individual weights will be recorded, kept confidential, and stored in a safe place by Jennifer and/or Connie. So--- all you need to do is show up, sign in, pay the 10 bucks (cash or check made payable to Bay College) and step on the scale. Then, start eating to win!!

******* In an effort to encourage weight maintenance and discourage yo-yo dieting, those staff members who reached their 10-pound goal in the previous 10-10-10 must not have gained more than 2 pounds to participate in the upcoming 10-10-10. Also, those past winners who have maintained their weight loss (not gaining more than 2 pounds) will be awarded 5 Bay Bucks, whether they choose to participate in the new 10-10-10 or not.

Halfway weigh-in day is----- **WEDNESDAY, Feb. 21, 2007** (optional—those who do weigh-in will receive a Bay Buck just for being courageous!)

The 10-10-10 program ends on---------- **WEDNESDAY, Mar. 28, 2007** ***Thank you for your continued support of the Bay College Wellness Program.***