

MWV Petsitters & Curves of N. Conway
are proud to present

Mt. Washington Valley's Biggest Loser!

A 15 Week Weight Loss Challenge and Fundraiser.

Our weight loss challenge will begin Tuesday, January 5th, 2010 ending April 20, 2010. We are offering two weigh-ins every Tuesday at noon and 6:00 PM. Contestants will choose the time convenient to their schedule and will weigh-in at Curves in North Conway. The first visit will include weigh in, measurements and BMI. Weigh-ins are weekly and private. Measurements and BMI to be taken once per month(optional).

Each week contestants will meet and exchange low fat recipes, health and training tips. Tracy, owner of Curves, will be on-site to answer any questions you may have. Ask Tracy about her FREE Weight Management Support Group!

Results for weigh-ins will be displayed on our website, www.mwvpetsitters.com and posted at Curves. The Valley's Biggest Loser will be based on the total percentage of weight lost, not pounds or measurements.



Always consult your physician before making significant changes to dietary or physical activity.

A cash prize will be awarded to the contestant with the highest percentage of weight loss at the end of 15 weeks and will be based on the number of contestants. Fifty percent of the proceeds will be used for pets in need of medical procedures prior to adoption. Curves of N Conway will award a one month membership to the winner in order to maintain their weight loss.

**To register and read about contest rules
visit our Web site at: www.mwvpetsitters.com
Weekly fee of \$10.00.**

MWV Petsitters
"Cage Free In-Home Petsitting"
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