



NEWS RELEASE

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For Immediate Release

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YMCA Largest Loser Challenge

Warsaw, IN – The **Kosciusko Community YMCA** is hosting a summer Largest Loser Friends and Family Challenge starting this July. This contest, starting July 15, is for couple groups made up of family and friends. Couples do not have to be married and can be male/female, male/male, or female/female. The contest is designed for those who need to lose weight, and would like some support, education, and a little competition to take charge of their health.

Being part of the challenge includes fitness classes instructed by personal trainers specifically for Largest Loser participants, an orientation to the fitness center, nutrition & exercise seminars, body composition tests, weekly weigh-ins, free use of the facility for nonmembers, and prizes for the couple who wins. Prizes include a free year of membership. The winner is determined by the couple to lose the highest percentage of body weight during the competition.

Registration is going on now until July 14. Pick up a participant packet at the Welcome Center.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

We Build Strong Kids, Strong Families and Strong Communities.