



St. James' Health Ministry  
presents

## 2012 Weight Loss Challenge

**January 29 - April 29, 2012 (12 weeks)**

**We're on the move for a healthier church!**

Already thinking about your New Year resolutions? Resolve to be a part of the Weight Loss Challenge at St. James' and become healthier in 2012.

The goal of the St. James' Weight Loss Challenge is to provide fun and friendly individual and team competitions to improve nutrition, physical activity and the health of our church.

**Cash prizes will be awarded for both teams and individuals. Remember, everyone who participates wins better health!**

Each participant will

- \* receive a set of Challenge Guidelines
- \* learn about healthy food choices
- \* be encouraged to engage in physical activity
- \* have opportunities to engage with teammates in healthy activities
- \* attend mandatory weekly weigh-ins
- \* be exposed to a series of workshops covering a variety of topics (e.g. Good vs. Bad Carbs, Importance of Fiber, Maximizing Your Metabolism)
- \* pay a nominal \$5 activity fee that will cover the entire 12 week period

Eligibility

- \* must be a member of St. James'
- \* must be at least 16 years of age
- \* must sign a participant waiver
- \* must pay the \$5 fee that will become part of the cash prizes

For more information, contact

Allison Robinson 410.415.0955

Denise Day 443.722.7019

Marsha Hairston 443.802.0508

Sevalyn White 410.484.8198

Charlene McCargo 410.367.2730

Marilyn Harris Davis 410.299.1996

Reginald Brown 443.955.0215



The Rev. Dr. Allen F. Robinson, Rector