

OPERATION LOVE OUTREACH

Health and Wellness Ministry Presents



Registration Cost is \$20 for Adults and \$20 for Children (shirt is included).

NDCC's Biggest Winner Fitness Challenge is a 10 month challenge from Saturday, January 8, 2011 to Saturday, October 29, 2011

The Biggest Winner (Top Male and Female) that loses the most weight and attends the most Saturday sessions will qualify as the Biggest Winner and will be announced and receive a Grand Prize at our **3rd Annual Destiny Unity 5K Run/Walk.**

Monthly Sessions are 7 AM to 9 AM - (1st Saturday of every month will be the weigh-ins, nutrition information and ways to live a healthier life, fitness workout, and much, much more.)

Regular Saturday Sessions are 7 AM to 8 AM - some sessions will be held at locations other than NDCC-505 East McCormick Rd.

Before and after pictures will be taken so that the participants can see their progress during the challenge.

Make an investment in your health to "live a more abundant life"!

3 John 1:2 (King James Version)

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.