



Brought to you by the Tremont Area Park District and Fitness Coach Michelle Williams

September 11th – November 30th 2019

Wednesday Nights 5:15 pm - 6:15 pm or Saturdays 11am - 12noon

Change 4 Life, Eat Well, Move More and Live Longer.

In this 12 week program, participants will compete against one another to lose weight and body fat. Fitness coach Michelle Williams will help you start your weight loss journey by coaching you with healthy eating and fitness programs.

Program Goal: The goal of the program is to give the participant a life coach to help them become accountable for lifestyle change. The areas of expertise are nutrition, exercise, stress reduction and time management.

Prizes: A jackpot which grows with the number of people participating and weigh in penalties as well as prizes throughout the program. Weigh in penalties must be paid at each weekly weigh in. Two Free PASSES will be given to each participant which can be used to skip a weigh in throughout the program (excluding the final weigh in). Account must be paid up by November 30th to be eligible for the prizes. Winner will be determined by the percentage of weight lost:

1st Prize: 50% of the jackpot 2nd Prize: Gift Card for Park, Pool or Fitness Center

3rd Prize: One Month Membership Tremont Fitness Center

Cost: \$50 Residents \$60 Non-Residents (50% goes directly to jackpot)

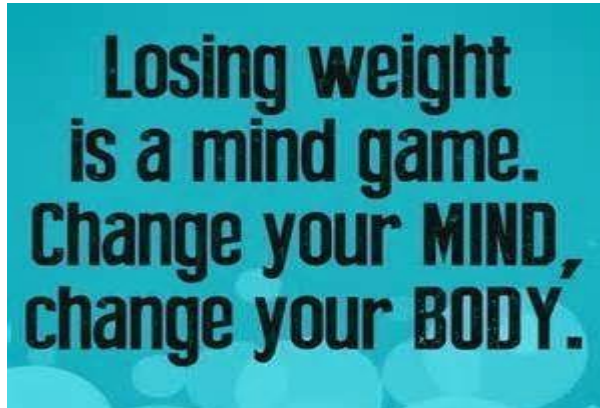
Registration begins 8/26 online at the TAPD website or stop in the fitness center.

Fitness Coach Bio:

Michelle Williams!

Michelle is a dedicated Tremont resident. She is a high school girls basketball coach and a booster volunteer at Tremont High School. Michelle is an experienced personal trainer and group fitness instructor with 20+ years in the Fitness field and 10 years as a lifestyle coach.

She is here to **COACH** you and **ENCOURAGE** you to become your **BEST** self!



Questions: contact TAPD 309-925-3811

Email: tapdfacres@gmail.com

Michelle Williams mwcoach23@gmail.com