

How Low Can You Go?



The contest starts on Monday February 3, 2014 and runs until Monday April 21st. This is a 12 week program to work with your team to get healthier and more fit.

Let EMMCO West help you meet your goal to live a healthier lifestyle by participating in the regional "How Low Can You Go" contest. Create a team of 2-10 people from your EMS service. Come up with a creative name, select a team captain and submit the registration from before the deadline of January 27, 2014. The team captain will be responsible for collecting everyone's weights weekly and submitting them via fax or email every Monday.

Any questions?

Contact Trish at EMMCO West
trish@emmco.org or by phone 814-337-5380.



Registration deadline is Monday January 27, 2014. Register by email trish@emmco.org or by fax 814-337-0871.

- **Get Fit and healthy with friends**
- **Be eligible to win some great prizes**
- **Teams of 2-10 can register to participate**
- **Prizes will be awarded for the team with the highest percentage weight loss as well as female and male individuals.**



Now is the time....get a team together, register by January 27, 2014 and get ready to get healthier! Encourage your teammates as you work towards your goal.