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Weigh-In: Saturday, January 4, 8:00am -1:00pm Weigh-Out: Friday, April 11, 8:00am - 10:00am Late registration: \$5/day added to \$25 for late entry.

Dr. Lou has helped hundreds of people lose thousands of pounds. Join this fitness challenge and make meaningful change in 2014

2 Categories:

Greatest Percentage of Body Weight Lost • Greatest Transformation Also available: Classes, Body composition testing, private weight loss coaching/consulting. Winner(s) take all! 100% of the entry fees become the prize money.





@drloujacobs



For more information call 207-774-6251 visit www.drloujacobs.com 01

