



**RIVERPLEX**

**2010**

January 25th  
through  
April 4th

Orientation/Kickoff  
January 18th

Make your  
resolution now  
to lose weight and  
get on track to an  
overall healthy  
lifestyle and save!



Peoria Park District's RiverPlex Recreation and Wellness Center, OSF Health Care, and WEEK-TV are proud to sponsor the 10-week Biggest Loser RiverPlex competition meant to help you lose weight and build a healthy lifestyle.

The event will begin January 18th with an orientation and kick off with actual Biggest Loser participant and winner Scott Senti of Peoria. All participants will be weighed and measured during the orientation. The weight loss competition will begin the week of January 25th and go through April 4th.

**Structure:**

- Participants will compete against one another to lose weight and body fat.
- Each individual will be put on a team.
- Each team will have 2 personal trainers that will train them twice a week.
- In addition to personal training, participants will also meet once a week to review healthy lifestyle topics such as nutrition, stress reduction, label reading, and much more.
- One-on-one nutrition consultation.
- Social events will be incorporated such as a healthy cooking class, family activity night, and how to eat out healthy.

The RiverPlex Recreation and Wellness Center fitness floor, group exercise classes and aquatics classes will be available to participants. Morning and evening classroom sessions will be available to accommodate all participants. Participants will be encouraged to exercise on their own or with their group on days that they do not meet with trainers.

During the course of the Biggest Loser RiverPlex competition, each team and individual will participate in small challenges along the way a few of which are:

- Treadmill distance challenge: Each team has a specified time to run/walk on the treadmill and record the most miles.
- Step challenge (record the number of straddle steps in a given time)

**Prizes:**

Prizes will be awarded to the overall Biggest Loser based on weight loss and points for exercise attendance and participation in programs. Prizes for mini challenges along the way will also be awarded.

**Progression and Support Board:**

The RiverPlex lobby will keep an updated Weekly Weight Loss total for each participant and also have a "Favorite Biggest Loser" support board where friends, co-workers and family can leave notes and messages to offer encouragement.

**Program Coordinators:**

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**Informational meeting dates:**

- Tuesday, November 10th @ 6pm
- Wednesday, December 9th @ 12pm
- Tuesday, December 29 @ 6pm
- Wednesday, January 13 @ 5pm
- Thursday, January 14 @ 6pm

**Cost of the Program:**

	<i>Early Bird</i> by 12/11	<i>Regular</i> by 1/8	<i>Late</i> 1/8-14
Member	\$415	\$450	\$475
Non-member	\$515	\$550	\$575

**Each participant will receive:**

20 Personal Training Sessions	\$500.00
10 - 30 minute exercise sessions	\$150.00
6 OSF Group Nutrition Sessions	\$108.00
2 Bod Pod Sessions	\$60.00
4 Health & Wellness Lecture Sessions	\$60.00
1 One on One Nutrition Sessions	\$40.00
2 T-shirts	

**Actual Cost**  
\$918.00

**Did You Know?**

Weight loss programs qualify for reimbursement under a Flexible Spending Plan? That's right. If you still have money to spend in your Flex Account for 2009, you can pay for this program. No money left for 2009? Put the program amount toward your 2010 Flex Account.