

"Y" Weight - Make-up Paper 2010

Participants in the Siskiyou Family YMCA's "Y" Weight Challenge must attend 3 of the 6 provided educational classes in order to be eligible to win the grand prize for the category they've entered. The educational classes are hosted here at the Siskiyou Family YMCA on the five designated weigh-in days: January 16, February 6 and 27, March 20 and April 10, 2010

For those who are unable to attend the Saturday morning educational lectures, we ask that you complete this form to meet the requirements of the contest's 'education element'. It will require you to research and write a short paragraph on the following areas: ***Fitness, Nutrition, and Health***. For each topic completed, one educational class requirement will be fulfilled. If all three topics are completed, this would be the equivalent of attending three educational classes. Please feel free to use additional paper if needed and staple to the back of this form.. Upon completion, please return to the Siskiyou Family YMCA. **The deadline for submission is April 10, 2010 by 10:00am.** Good luck!

Participant Name: _____

Topic #1—Fitness:

Topic #2—Nutrition:

Topic #3—Health:

