



**Siskiyou Family YMCA**  
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FOR IMMEDIATE RELEASE: January 8, 2010 or ASAP!

## **Siskiyou Family YMCA's Annual Weight Loss Challenge Returns To Help Siskiyou County Residents Support Each Other To Get In Shape.**

**Yreka, California** – The annual weight loss contest that has helped Siskiyou County residents lose weight and make friends is launching the 2010 Y Weight Challenge (formerly the Biggest Winner Contest)! The 2010 competition will kick off on Saturday, January 16 from 9:00am to 11:00am at the Siskiyou Family YMCA in Yreka. The 12 week competition will end on Saturday, April 10. Residents will have a chance to compete in one of three categories, Overall Male Winner, Overall Female Winner, or Overall Team of Four.

Since 2005 over five hundred residents have participated in the annual weight loss challenge. The winners of the 2009 contest took home a combined prize of \$1150.00. The 2009 female winner lost 27 pounds or 13.4% of her bodyweight, the male winner lost 59 pounds or 18.8% of his bodyweight and the team winners lost a combined weight of 112 pounds or 12.9% of their combined weights. This year's contest will award 25% of the prize money to the Female Winner, 25% of the prize money to the Male Winner and 50% of the prize money to the Team of Four Winners that loses the most percentage of body weight collectively. In order to qualify for the big prize, all contestants must meet the requirements offered during the contest.

The requirements to enter are to be a Siskiyou County resident and to pay the \$15 entry fee. Any participant who has had gastric bypass surgery or any stomach surgeries in the last six months are ineligible to participate as well as any participant who is currently pregnant. Previous winners will be allowed to compete but will be ineligible to win any prize monies.

During the competition contestants will be required to attend the initial and final weigh-ins on January 16 and April 10, attend three of the six educational opportunities offered during the weigh-ins, attend 3 fitness challenges and to complete a calorie and exercise log throughout the competition. There are three additional weigh-in dates scheduled throughout the competition and all activities will take place at the Siskiyou Family YMCA.

This is a great opportunity for Siskiyou county residents to make a positive change toward a healthier, active lifestyle for 2010 and beyond. Contestants will have a chance to attend numerous health lectures on nutrition, exercise and the health benefits of weight loss, compete in exciting fitness challenges that get their bodies moving, and the chance to win fun prizes that include free guest passes to the Siskiyou Family YMCA.

For more information, contact Theresa Della Lana at the Siskiyou Family YMCA at 530-842-8922 or email her at [theresa@siskiyou-ymca.org](mailto:theresa@siskiyou-ymca.org). Information will also be available on the Siskiyou Family YMCA website at [www.siskiyou-ymca.org](http://www.siskiyou-ymca.org).

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