Only 31% of Hernando County adults are living at healthy weight. That means two out of three adults are either overweight or obese. Recent community health survey results reflect support for a county weight loss challenge.

Any organization, group, company or individual may join the fun.

Form teams of 10, who agree to lose 10 pounds each over 10 weeks for only $10.

November 1 - January 13: Organize Teams! Submit Team Form and entry fees.

Saturday, January 14, 2017: The Weigh-In Celebration will take place at The Quarry, where everyone gets their initial weight recorded. Lots of fun with healthy food and entertainment.

Brookville Quarry, 800 John Gary Grubbs Blvd. Brooksville, FL 34601

The Challenge ends on Saturday, March 25, 2017. The Awards Celebration Party will take place at Anderson Snow Park Pavilion on Saturday, April 8, 2017.

Form a team and select a team captain.
Team Captain collects checks for $10 from each member.
Team Captain mails the checks to the address below.
All members attend the Weigh-In Party.

Great Hernando Weight Loss Challenge

Team members Phone Email Paid $10
1. ___________________________________   __________________   _____________________________________________    ________
2. ___________________________________   __________________   _____________________________________________    ________
3. ___________________________________   __________________   _____________________________________________    ________
4. ___________________________________   __________________   _____________________________________________    ________
5. ___________________________________   __________________   _____________________________________________    ________
6. ___________________________________   __________________   _____________________________________________    ________
7. ___________________________________   __________________   _____________________________________________    ________
8. ___________________________________   __________________   _____________________________________________    ________
9. ___________________________________   __________________   _____________________________________________    ________
10. ___________________________________   __________________   _____________________________________________    ________

For questions or more details you may call:
Richard Linkul at 352-597-6383, Richard.Linkul@hcahealthcare.com or Ann-Gayl Ellis at 352-540-6817, Ann-Gayl.Ellis@flhealth.gov

Please consult your physician before starting any weight loss program. / If under 18, please obtain written permission and give to Team Captain for submission.