



**2011 1st Place Woman**  
 Vicki Ariatti-Mangum  
 Lost 69 pounds,  
 30% body weight!  
 Won \$3,000



**2011 1st Place Man**  
 Michael Grentz  
 Lost 90 pounds,  
 39% body weight!  
 Won \$3,000



**2011 2nd Place Woman**  
 Lori Young  
 Lost 63 pounds,  
 29% body weight!  
 Won \$1,500



**2011 2nd Place Man**  
 Robert Ward  
 Lost 105 pounds,  
 36% body weight!  
 Won \$1,500

more: [www.hdiabetescenter.org](http://www.hdiabetescenter.org)  
 or call 331-1155 ext. 32.

**\$10,000**  
 TREASURE VALLEY  
 WEIGHT LOSS  
**Challenge**

Partners:



Johnny's Fit Club Fitness  
 Idaho Lions Foundation & Eye Bank  
 Shu's Idaho Running Company  
 Take Shape for Life  
 Positive Changes Hypnosis Centers

All proceeds benefit:  **St Luke's™**  
 Humphreys  
 Diabetes Center

Must be 18 years or older with no physical or medical restrictions. All registrants must present photo ID and wear shorts/capris and T-shirts without shoes for initial weigh-in. Participants who have had weight loss surgery or procedures before or during the Challenge can participate but are ineligible for prize money. Sponsor employees and their spouses may participate but are ineligible for prize money.

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**PACKED ON THE  
 HOLIDAY POUNDS?**  
**Together we lost 312 Pounds**  
**And Won \$9000.**



**\$10,000**  
 TREASURE VALLEY  
 WEIGHT LOSS  
**Challenge**

Presented by:  **Ladd**  
**FAMILY PHARMACY**  
*Caring for you and about you*

**The \$10,000 Treasure Valley  
 Weight Loss Challenge**  
**offers individuals a reason to  
 lose weight, get healthier  
 and win BIG money!**

# \$10,000 TREASURE VALLEY WEIGHT LOSS Challenge

## You Get:

- Weekly nutrition & fitness tips
- Attend monthly "physical challenges" for a chance to win prizes!
- Monthly group meetings that offer guidance on nutrition, exercise and emotional support
- Special offers from our event partners

And help others too!

Improve your health and help us promote long, healthy lives for all ages in the Treasure Valley!

## Cash Prizes!

1st Place | \$3,000 Woman | \$3,000 Man  
2nd Place | \$1,500 Woman | \$1,500 Man  
3rd Place | \$500 Woman | \$500 Man

Winners determined by the percentage of body weight lost (not number of pounds lost).

All proceeds benefit:



**St Luke's™**  
Humphreys  
Diabetes Center

## READY TO GET STARTED? 2 Easy Ways to Enter!

### Option #1

### KICK OFF PARTY!

Saturday, January 7, 2012

8am - 1pm

St. Luke's Humphreys Diabetes Center  
1226 River St., Boise

- Pay \$50 registration fee and present photo ID
- Weigh-in
- Collect tips, special offers, physical challenge and monthly support meeting calendar, meet past winners and visit with Challenge partners and exhibitors!

### Option #2

January 8 - 22 - Continuing Registration

Weigh-in, present photo ID and pay \$50 registration fee at:

#### Ladd Family Pharmacy

1109 South Broadway Ave., Boise  
M-F 9am - 7pm; Sat 10am - 5pm;  
Sun 11:30am - 4pm

or

St Luke's Humphreys Diabetes Center,  
St. Luke's Meridian - Suite 1229  
Mon-Fri 9am - 4:30 pm

## You can also join as a TEAM!

Sign up as a team (5 or more people) for support and motivation and get \$5 off the registration fee! **All team members must register and attend initial weigh-in together.**

Presented by:



*Ladd*

**FAMILY PHARMACY**

*Caring for you and about you*

Partners:



**Newko**  
Sports Nutrition

**Healthy**  
IDAHOTHEALTHY.COM



TREASURE VALLEY  
THE CW 2.2



Johnny's Fit Club Fitness  
Idaho Lions Foundation & Eye Bank  
Shu's Idaho Running Company  
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Positive Changes Hypnosis Centers

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