

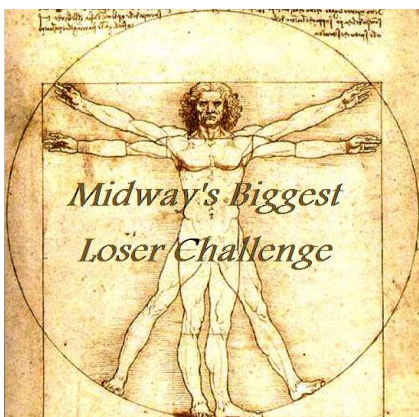


Our Goal: To have the citizens in Midway make healthier decisions in what they eat and how they exercise.

Starvation diets and fad diets will only have people lose weight while they eat that diet. The only way to lose weight for the long term is by changing your habits to healthier alternatives.

The event timeline will be from January 7, 2012 through April 6, 2012 (Good Friday).

There will be weekly weigh-ins on Saturday mornings with guest speakers to help with motivation, education and hopefully entertainment. We are also working on opportunities for participants to exercise in local facilities.



Individual and group prizes will be available for the winners. Please contact John Batts for more information at JohnBatts@aol.com or a participating church for a registration form.