

# Franklin's "Get Healthy" Contest

*The Civic Celebration Committee with the City of Franklin is once again joining Innovative Health and Fitness to offer Franklin's "Get Healthy" Contest!*

The contest is looking to show all Franklin residents the health and fitness benefits that can be gained through exercise. Last year's winner, Diane Rotzenberg, lost 12 pounds, decreased her body fat by 9.5%, and added 8 pounds of lean muscle! Are you ready for the challenge?

**TO ENTER: Must be 21 years of age. Please include a photo (photo will not be returned). Franklin residents can enter the drawing by filling out the entry form below and dropping it off or mailing it to Innovative Health and Fitness, 8800 S. 102nd Street, Franklin, WI 53132, or register by email at [Fitness@MyInnovativeHealth.com](mailto:Fitness@MyInnovativeHealth.com).**

Twelve individuals will have a chance to win a 6-month membership! Six (6) of these winners will be drawn at random on January 9, 2012. The other six (6) will be chosen based on a short essay (one or more paragraphs) written by the individual. This essay should explain why you would like to win this year's challenge and what it would mean to you if you did. **These 12 winners will then receive a 6-month FREE membership to Innovative Health and Fitness and compete in the "Get Healthy" challenge which will run January 9, 2012 through July 3, 2012. Franklin residents who do not win one of the free 6-month memberships may still enter the "Get Healthy" challenge and participate to win!** All registrants, including the 12 winners of the 6-month membership, will be tested for body fat percentage and pounds of fat mass. All participants will receive our online nutrition program compliments of Innovative Health and Fitness! This program will help determine how many calories you need to consume in order to meet your weight loss goal.

**The one person who shows the most improved body composition change, as determined by Innovative Health and Fitness, from January 11, 2012 through June 30, 2012 will be the "WINNER"! The WINNER will receive an additional 1-year membership to Innovative Health and Fitness and will be recognized at the 2012 Franklin Civic Celebration.**

Please direct questions to Phyllis Hanson of Innovative Health and Fitness at 529-9900, Ext. 717.

*\*Only Franklin residents 21 and over may register. Only one entry per person is allowed. The "Get Healthy" challenge is monitored by testing body fat percent and keeping track of fat mass and lean mass. Specific personal information gathered will remain confidential, but the winner's overall improvement in body composition will be revealed in the manner expressed above.*

---

## ENTRY FORM

### Franklin's "Get Healthy" Contest

*(All submissions due by: January 3, 2012)*

**Name:** \_\_\_\_\_ (must be 21 years or older)

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ (must be Franklin Resident)      **Zip** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

*\*\*Please provide a photo as well (photo will not be returned).*

*\*Only one entry per person allowed.*