

**First 8 Weeks :**

Cooking Classes

Nutrition Classes

One-on-one Coaching

Access to Nutritionist

Physical Activities

Weekly Weigh-in

Challenges

Prizes & incentives

**Then 4 Weeks to Practice**

**What You Learned:**

One-on-one Coaching/Access  
to Nutritionist

Family Events & Other  
Challenges



CITY OF PERTH AMBOY  
THE HONORABLE MAYOR WILDA DIAZ

Jewish Renaissance Foundation

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## Biggest Loser Community Challenge REMIX

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The Biggest Loser Community Challenge is a program created to mirror the television show, but developed with YOU in mind. Building Healthy Communities has remixed the challenge to better fit your needs.

There will be 8 weeks of workshops, challenges, support groups and daily prizes and incentives. After the 8 weeks, you will spend 4 weeks with the support of your nutritionist and coach to practice what you learned on your own. Throughout this timeframe we will be hosting family challenges.

**The winner will be announced at a dinner celebration TBA in December.**

## What can you expect?

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### Orientation: September 19th at 7:00pm

8 weeks full of nutritional workshops, cooking classes, support groups, one-on-one coaching to maintain goals, access to nutritionist, daily incentives and prizes.. After 8 weeks, you will have 4 weeks on your own with access to your coach and nutritionist. During this time Building Healthy Communities will host a few family orientated events and challenges to keep you motivated. Once the full 12 weeks are over you will be invited to a celebration to do your final weigh-in. This celebration, TBA in December, will conclude the program, winners will be announced and other prizes will be given in addition.

For any questions, concerns or to pre-register please call Wanakee H. White, the Program Coordinator via phone 732-324-2114 ext .135.

### Official Rules

1. You can join at anytime, the sooner you join the more prizes you receive
2. Everyone receives prizes daily. Prizes are given at weigh-ins, workshops, events, challenges and more!
3. Winners will be determined on who has the highest decrease of BMI and who participates the most in activities, groups, and workshops.
4. 8 weeks of Building Healthy Community Support followed by 4 weeks to utilize

## Questions & Answers

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### Q: How do I weigh-in?

A: You can weigh-in before group Monday 's and Friday's from 6:30-7:00p or after group from 8:00-8:30pm.

### Q: What is group?

A: Group will be hosted by either your nutritionist or coach. Topics will vary based upon participants interests.

### Q: How can I have private time with my nutritionist or coach?

A: You can request one-on-ones through your nutritionist or coach and/or call (732) 324-2114 ext 135.

### Q: Do I have to go to weigh-ins and group?

A: No, you can go weigh-in and leave, but we encourage you to participate in group in order to receive prizes and incentives.

### Q: Can I win if I do not attend events and workshops:

A: No, you must participate in the most events/workshops and lose the most BMI.

### Q: How many winners will there be?

A: There will be 1 male and 1 female that wins. The ULTIMATE PRIZE., but other prizes will be given so stay motivated as you collect your daily incentives.