

Orland Park Sportsplex Offers Weight Loss Challenge for Members
Ten Week Contest Begins January 10th

A member of the Village of Orland Park Sportsplex could win a \$500 cash prize in the Orland Park Recreation Department's Weight Loss Challenge.

The ten week contest begins January 10th and is open only to Sportsplex members.

"We have a number of patrons who are fans of the television show, 'The Biggest Loser', and the New Year is a great time to kick off the weight loss challenge," said Sportsplex Fitness Manager Deborah Geghen. "Last year's winner lost 24 pounds and has kept it off, continuing to follow his Sportsplex fitness program," she added.

Contestants may choose to compete on their own or work out with a personal trainer once or twice a week with Pilates or personal training. Special training rates will be available.

"The village's Recreation Department offers programs throughout the year to help residents of all ages become physically fit," said Trustee Pat Gira, chair of the village's Recreation, Parks and Environmental Initiatives Committee.

Sportsplex members pay \$50 to participate in the challenge and may register at either Recreation Department administrative office, at the Franklin Loebe Center at 14650 South Ravinia Avenue or at the Sportsplex, 11351 West 159th Street.

The registered contestant with the highest percentage of weight lost will win the \$500 cash prize.

Non-members can join the Sportsplex to participate in the competition. First time members will receive three months for free with the purchase of a twelve month membership. "This is a great opportunity to get three extra months on a new membership and be a part of what promises to be a great weight loss competition," Geghen added.

Or, three month memberships are available for specific rates for individuals, couples, families, seniors and students.

The Village of Orland Park Sportsplex is located 11351 West 159th Street. For more information, call 708/645-7529.

PHOTO CAPTION

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