

# Health & Wellness QUEST

 

*Take a journey to elevate your fitness and quality of life!*

*Dream of moving with ease?  
Tired of being tired?  
Need to be held accountable?  
Want to improve your mind and body?  
Desire to live happier and healthier?*

***...the solution?  
The Health & Wellness Quest!***



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## **January 13 - February 21, 2025**

**Team up and compete in this 6-Week Program  
for the chance at a **\$1,000 CASH PRIZE!****

*See the other side of the flyer for details!*

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Visit [www.peakgreatfalls.com](http://www.peakgreatfalls.com) or call (406) 468-7365  
to review the rules and to download an application!





## Who can enter?

Teams of 4-6 people age 14 and older interested in losing weight and inches, gaining mobility, and having fun! Those that are not members of the PEAK are also encouraged to participate. Get one non-member to join your team and get \$5 off team registration!

## How does it work?

Each team member will receive 6-week access to both PEAK Great Falls clubs and group fitness classes, health and nutrition tips, workout videos, and a personalized food plan. Participants will also receive support from PEAK coaches and access to our private Facebook group for accountability and motivation!

## Why should I enter?

This contest is constructed to ensure that hard-working participants see the results they desire. Participants are also competing to win CASH. The team that shows the highest percentage of change and increases the greatest percentage of mobility will win \$1,000! Individual prizes will also be given to men and women who show the greatest amount of body fat lost, muscle gained, and mobility gained.

## When does the contest take place?

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|------------------------|---|
| Friday, January 10:    | All participants will complete both a Kinotek functional assessment and InBody body composition assessment between 5:00am and 7:00pm.   |
| Monday, January 13:    | The contest officially kicks off at 6:00pm!   |
| Thursday, February 20: | Final Kinotek functional assessments and InBody body composition assessments will take place between 5:00am and 7:00pm.                 |
| Friday, February 21:   | Participants will celebrate their hard work with a party from 5:30-6:30pm! We will share results, reveal winners, and give away prizes! |

## Where is everything located?

PEAK Health & Wellness Center (1800 Benefis Court) will serve as our main hub for most program-related activities, unless otherwise specified. This includes team registration, InBody and Kinotek assessments, and the kickoff and finale parties. When it comes to where you choose to exercise, you can workout anytime, anywhere!

## Sign me up! How do I enter?

Visit [www.peakgreatfalls.com](http://www.peakgreatfalls.com) to view the full rules and download an application! The cost to enter is \$79 per member and \$139 per non-member. Team Captains must provide full payment at registration.