



COMMUNITY Weight Race



2025

Advanced
Physical Therapy
Associates

12-WEEK CHALLENGE
JANUARY 8TH - APRIL 3RD

Initial Weigh Ins:
January 8th & 9th
7:00 am - 9:00 am OR 3:00 pm - 6:30 pm
Please pre-register

The Community Weight Race is a competition that challenges teams of participants to get active and create healthier lifestyles.

Both in-person and virtual weigh-in options available. In-person option includes wellness screenings, located at 2918 Post Road, Stevens Point!

Cost:

\$75 for teams of 3-5 participants

\$30 for individuals

Cost Includes:

- T-shirt
- Tracking Calendar for progress and successes
- Weekly education topics
- In-person workshop opportunities
- Opportunities for discounts and free gym membership trials
- and much more!

Entry fee must be paid in full prior to participating in any weigh-ins. This challenge is open to those 18 years of age and older. Specific rules and regulations apply, see Facebook for details @ Community Weight Race 2025!

How to Register:

- 1 Create your team
- 2 Register using QR code here or online at: <https://forms.office.com/r/YhXQmUqBe5>
- 3 Complete initial weigh-in January 8th and 9th from 7:00 am - 9:00 am or 3:00 pm - 6:30 pm. Please pre-register by calling (715) 345-2126 to set up your weigh in!



Win Prizes

PRIZES | 4 WAYS TO WIN

#1 EARN POINTS FOR PARTICIPATION

Participating in events, presentations, completing challenges.

This is perfect for participants that want to be healthier but may not necessarily want to lose any weight.

#2 LOSING 7% OF TOTAL BODY WEIGHT

Any individual that makes the 7% mark will be recognized & receive a prize. Losing as little as 7% can take you out of an 'at risk' category!

#3 LOSING 10% OF TOTAL BODY WEIGHT

Any individual that goes the extra mile to lose 10% will receive a larger valued prize!

#4 GRAND PRIZE!

The team in each category (all male, all female, and co-ed) that has everyone lose at least 10% will win a team GRAND prize!



For more information:

Contact: Lynsey Hansen

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or call our South Clinic at:

(715) 345-2126

Find us on Facebook:

Community Weight Race