

SUN PRAIRIE & SNAP FITNESS PRESENT:

BIGGEST

**DISCOUNTED
PERSONAL
TRAINING!***

**WINNER RECEIVES
MARCH RENT FREE!!**

LOSER!

DECEMBER 1st - FEBRUARY 9th

CONTEST WINNER WILL ALSO RECEIVE THE FOLLOWING:

\$100 TARGET GIFT CARD!



State Farm
Steve Curren, Agent
5929 Ashworth Road
West Des Moines, IA 50266
515-225-2660
www.stevocurren.com

DID YOU KNOW?
AN UNHEALTHY WEIGHT, HIGH CHOLESTEROL & ELEVATED BLOOD PRESSURE CAN INCREASE YOUR HEALTH & LIFE INSURANCE PREMIUMS? FOR MORE INFORMATION AND RATES, CALL OR VISIT MY WEBSITE.

FREE Tea Starter Kit (\$70 Value)



Looking to lose weight? Look no further than your tea cup!
Recent studies show that tea can be an integral part of a weight loss plan.

Jordan Creek Mall
515-440-1408
www.teavana.com



Refresh, Rejuvenate, Relax



**FREE
30-MINUTE
MASSAGE**

Jill Ellsworth, LMT
2957 100th Street, Suite 2
Urbandale, IA
515-270-0090
SerenityMassage@q.com
www.SerenityMassageDM.com

IMPROVE YOUR WORKOUT WITH THE RIGHT SHOE



\$100 GIFT CARD

TONING SHOES: NEW!
Our selection of men's and women's toning shoes feature innovative construction that forces your leg and glute muscles to work harder with every step you take!

One FREE Bottle Of MonaVie!



MonaVie Active is a delicious fusion of 19 body-beneficial fruits and scientifically validated glucosamine, which targets joint mobility and flexibility. Formulated with AçaiVie™ - the purest, most potent form of açai available - this advanced juice also offers protection against cellular oxidation. Promote healthy joints and get moving with MonaVie Active today.



NEW LOCATION!



**Gift Basket of Products
(\$50 Value)**

6630 Mills Civic Pkwy, Suite 1130 • 515-457-3036
Mon - Sat 9:00 to 9:00; Sun 11:00 to 6:00
www.vitaminshoppe.com

**FREE Deep
Cleansing Facial**



Heartland Skin Wellness Center
12327 Stratford Dr, Clive, 515-224-7088 • www.heartlandskinwellness.com



FREE Initial Visit
(SOME RESTRICTIONS APPLY)

INCLUDES:
CONSULTATION/EXAM
ANY NECESSARY X-RAYS
THERAPY

LAFLEUR CHIROPRACTIC, PLC
5465 MILLS CIVIC PKWY STE 230
WEST GLEN
515-564-7272



FREE Travel Fitness Kit



Exercise wherever you go with this convenient workout kit! Includes resistance band with molded handle grips, jump rope, and pedometer.

10570 Justin Drive, Urbandale • 515-223-1348 • www.ssispecialties.com

PARTICIPANTS MUST REGISTER AT THE RENTAL OFFICE.

DEADLINE TO REGISTER IS MONDAY, NOVEMBER 29.

THE BIGGEST LOSER CHALLENGE OFFICIAL RULES: 1) The first weigh in will be on Wednesday, December 1st, between at 9:00 am and 8:00 pm at Snap Fitness. 2) The final weigh in will be on Wednesday, February 9th by 8:00pm (10 WEEKS). 3) Deadline to register is Monday, November 29th at 6:00pm. 4) Only weights recorded on the Biggest Loser scales at Snap Fitness on Wednesdays will be recognized. 5) The winner will be the person who loses the largest percentage of body weight. [(Start weight - Finish Weight) X 100 / Start weight = percentage lost.] 6) Free rent will ONLY be applied to your rental account for March 2011 rent, and is subject to PPM's discretion. 7) Sun Prairie employees are not eligible to participate. 8) Only lease signers age 18 and older are eligible to participate. 9) HAVE FUN, EAT HEALTHY & EXERCISE!