



# Kingsland Feed the Food Bank Weight Loss Challenge

JANUARY 14 – FEBRUARY 11 (JOIN IN ANY TIME DURING THIS PERIOD)

Kingsland Farmers' Market is kicking off a campaign to help you lose pounds while raising pounds of food for the Calgary Food Bank. This is a four week challenge to get the New Year off to a healthy start.

Get your friends to pledge money for every pound you lose. Every \$2 raised goes to buy one pound of fresh, local food that we will give to the Calgary Food Bank.



Pounds lost x number of pledges x dollar amount of pledges = total

The person who raises the most money on a weekly basis is the “Biggest Giver”. Biggest Givers will be awarded **terrific prizes** including:

- Participation in a 4 week fun and dynamic Commando Cardio Boot Camp
- 52 week weight loss program from Herbal Magic on Macleod
- Valentine's Dinner for two prepared in your home by Holistic Nutrition chefs
- Kingsland Farmers' Market Gift Certificates
- Introductory Pilates Class from **Limitless Motion**

To become involved as a participant or as a supporter, please go to the Kingsland web site at [www.kingslandfarmersmarket.com](http://www.kingslandfarmersmarket.com). Pledge forms and all challenge details will be posted on this site.

Kingsland Farmers' Market is donating a pound of food for every “like” they receive on Facebook during the 4 week Weight Loss Challenge.

