

## Press Release

In January Mike Bogdanski and Kristin Duethorn, co-owners of Midtown Fitness Center of Putnam, will conduct Northeast Connecticut's Biggest Loser program. Entrants will pay 10.00 to enter the weight loss contest. The entry fee will be donated to two local charities – T.E.E.G. of Thompson and Daily Bread of Putnam.

Whoever loses the greatest percentage of weight will win prizes provided by local sponsors. Participants will register on January 7, 2010 between 6:30am and 8pm. They will weigh in weekly with the final weigh in on March 18th. We are also looking to provide a healthy competition between companies, clubs or local business leaders.

Midtown Fitness also runs a FIT Club program which resembles TV's Biggest Loser program with workouts, nutritional guidance and team coaches who will mentor a small group through a workout plan, goal setting, healthy lifestyle changes and team challenges.

Northeast Connecticut's biggest loser wins:

Steve Bousquets appliance and TV- 100.00 cash sponsor

Danielson surplus – 100.00 cash sponsor

Gerardi Insurance – 100.00 cash sponsor

Steve and Marjolaine Townsend- 100.00 cash sponsor

Loomis Real Estate- 100.00 cash sponsor

Putnam Ford- 50.00 gift certificate

Second place wins a six month membership at Midtown Fitness Center- 299.00 value

For more information call Mike Bogdanski at 928.9218 or see us online at [www.midtown-fitness.com](http://www.midtown-fitness.com). Additional prizes would be appreciated.