

2007 Battle of the Business Bulge

Does your company, organization, club, or church group have what it takes to be the biggest loser? Get ready for the Second Annual Battle of the Business Bulge!

Sponsored by McGohan Brabender and WHIO-TV Channel 7, the Battle of the Business Bulge is a community-wide wellness initiative. It allows companies, organizations, clubs and church groups in the Miami Valley to compete against each other to see who can average the greatest weight loss! It doesn't matter if your organization has two employees or 2,000, since the winner is determined by averaging the number of pounds lost by the number of participants. Organizations of all sizes have an equal chance of winning the grand prize!

Here's how it works:

- Each participant will weigh themselves confidentially to ensure that they know their starting weight
- Afterwards, every other week throughout the 3-month competition, they will record the number of pounds they have lost
- They will then turn them in to the company's contact-- who will forward them to McGohan Brabender
- From there, McGohan Brabender tallies the average pounds lost by all organizations and ranks them
- On September 8, the winning organization will be awarded the grand prize at the finale event as Island Metro Park

Throughout the competition you will be sent plenty of materials to keep you motivated, including Battle Bulletins, diet and exercise tips, success stories, and more. Battle Rallies will also be held in different cities within the Miami Valley, covered by with Channel 7's own Natasha Williams. There, participants can get together outside for some entertainment and a healthy lunch.

For more information on how you can get involved, or to register, visit

<http://www.mcgohanbrabender.com/Battle-MV.html>. Are YOU ready to battle, Miami Valley?