



The MAC Weight Loss Challenge starts April 11

Losing weight requires serious effort, determination, and sometimes, a little extra motivation.

As a dedicated Sparrow associate, we know you have more than enough of the first two. When it comes to the third, the MAC has your back.

The MAC Weight Loss Challenge is an eight-week journey to your goal of living a healthier lifestyle. Teams of eight Sparrow associates will engage in healthy competition and work closely with the MAC's certified personal trainers – expert professionals who conduct more than 15,000 personal training sessions every year – to achieve greater fitness.

There's an extra incentive for your hard work – stick with the program for five weeks and you'll receive a reward. Make it through the entire challenge and you'll receive even more!

The challenge features:

- A weekly training session with your team and trainer
- Pre- and post-challenge pictures
- A complete personal health profile
- A competitive yet supportive atmosphere
- Special access to the MAC's world-class exercise facilities

A little extra motivation:

- After completing five weeks, you'll receive a goodie bag with MAC gear
- After completing the entire eight weeks, you'll receive entry into a grand prize drawing for two months' free membership to the MAC, valued at \$224

Your investment in your health is just \$199 for eight weeks.

Are you up for the challenge? Contact MAC personal training manager Jermaine Alexander at jalexander@themac.org or at 517.364.8824 to sign up. Registration ends April 4, 2011.

Sparrow's Michigan Athletic Club Associate Benefits

The Michigan Athletic Club has been voted one of the top five athletic clubs in the nation. What makes the MAC so great?

MAC Features

- More than 276,000 square feet of space
- Michigan's longest indoor, Olympic-surface walking track
- 16 tennis courts
- Three full-court basketball courts
- Handball courts
- Ping-pong table
- Racquetball courts
- Squash courts
- Four swimming pools and a 200-foot outdoor giant water slide
- More than 100 cardiovascular stations, each with a 17-inch TV screen
- An 8,500-square-foot strength training area featuring resistance machines, strength-training systems, free motion equipment, Olympic bars and plates, and conventional free weights
- Five group exercise studios – more than 150 free weekly classes
- Complimentary yoga and mat Pilates classes
- Nationally recognized personal training staff
- Therapeutic massage services
- Generous child care hours with scheduled activities
- Full-service restaurant and pro shop
- Two men's and two women's locker rooms with full amenities including sauna, steam room and whirlpool
- Competitive leagues for almost all club activities
- Newly renovated locker rooms

Sparrow Associates

As a Sparrow associate, you are eligible for a zero enrollment fee. The MAC's easy payroll deduction allows your paycheck to be automatically debited on the first and second pay period of each month:

- Single: \$39.50/pay period
- Couple: \$62/pay period
- Family: \$72.75/pay period

During February and March you can receive a FREE one week trial membership, call 364.8888

Call to schedule a complimentary
tour and workout today – 517.364.8888

