

# 10 in 2010

# Lose 10 pounds & be registered to WIN Great Prizes!



Grand Valley Health Plan  
(616) 949-2410 or [www.gvhp.com](http://www.gvhp.com)



Win a **COOKING EXPERIENCE** with Tommy Fitzgerald

### Chef Tommy Fitzgerald

Win a cooking experience you'll never forget. Well known local chef, Tommy Fitzgerald, has put together 3 different cooking experiences from which you can choose. Tommy is the successful owner and chef of Cafe Stella, which is located downtown Grand Rapids. A lucky winner will be able to choose one of these wonderful packages.

**Package #1** is a celebration of the new you! Tommy will come to your house to cook for you and 11 guests. He will teach you how to cook healthy, while making your taste buds explode.

**Package #2** includes wrangling up the kids and friends to learn healthy cooking that the whole family can participate in and enjoy. (12 people total)

**Package #3** says thank you to those people in your life who supported you through this weight loss journey. Invite up to 11 "cheerleaders" who want to continue down the path of good health with you. This cooking experience teaches portion size, how to plan and prep for the week and how to create healthy meals without sacrificing taste.

To learn more about Chef Tommy Fitzgerald, Cafe Stella, or catering services, visit [www.tommyfitzgeraldgroup.com](http://www.tommyfitzgeraldgroup.com). (Value of \$2,000.00 per package)



Win a family **MEMBERSHIP** to the YMCA

### YMCA of Greater Grand Rapids

Win a Family Membership to the YMCA of Greater Grand Rapids. The YMCA of Greater Grand Rapids is your family place for fun and fitness. The goal of the YMCA is to be THE leader in building strong kids, strong families, and strong communities. The YMCA has programs and membership opportunities for everyone in your family. Visit [www.grymca.org](http://www.grymca.org) for the latest information and news. (Value of \$1,300.00)



Win a family **VACATION** to the Double JJ Resort

### Double JJ Resort—Rothbury, MI

Win a weekend trip for four to the Double JJ Resort and experience it for yourself! One lucky winner will receive weekend accommodations in the Lofts Hotel, breakfast, and a choice between Indoor Gold Rush Waterpark passes or a horseback trail ride. The Resort is located in Rothbury, MI, an easy half-hour drive north of Muskegon! The Resort encompasses three unique features: the Original Ranch, Thoroughbred Golf Club, and Indoor Waterpark! Saddle up, and experience the most exciting Western Family Vacation in Michigan! For more information on the Double JJ Resort, visit [www.doublejj.com](http://www.doublejj.com). (Value of \$700.00)



I love this Country.

Win a **NIGHT AWAY** at the Country Inn & Suites

### Country Inn & Suites

Win one of three Family Staycation packages from Country Inn & Suites East Beltline. This hotel is rated as the number one hotel on tripadvisor.com and is the winner of the 2008 Gold Presidents Choice Awards. It is less than two miles from Knapp's Corner and four miles from shopping at Woodland and Centerpointe malls.

**Package #1** includes an overnight stay and admission for a family of four to Frederik Meijer Gardens. (Value of \$209.00)

**Package #2** includes an overnight stay and movie passes to Celebration Cinemas. (Value of \$200.00)

**Package #3** includes a romantic overnight stay in a whirlpool suite. (Value of \$170.00)

Don't forget your swimsuit to enjoy the indoor pool and hot tub. Have fun in the indoor game room or workout in the cardio based fitness area. There is also free wireless Internet throughout the hotel, a full hot breakfast buffet is always included, plus coffee and cookies are served 24 hours a day. For additional information on Country Inn & Suites, please visit [www.countryinns.com/grandrapidsmi\\_east](http://www.countryinns.com/grandrapidsmi_east).



Win a family **VACATION** to the Great Wolf Lodge

### Great Wolf Lodge—Traverse City, MI

Make a splash in your scrapbook with a two-night stay in a family suite and 4 waterpark passes. Plunge, splash or float at this gigantic indoor waterpark, reserved exclusively for guests. Thrill-seekers flock to the Howling Wolf water toboggan, mellow guests go with the flow in the endless lazy river and zero-depth entry pools and kiddie slides provide a safe, dedicated space for the little ones still getting their sea legs.

Unwind in one of the spacious suites, designed to capture the atmosphere of the Northwoods, and for your little 'cubs' (or little cubs-at-heart), there's no better way to wind down than during nightly Story Time at the Great Clock Tower—p.j's and blankies welcome! For more information on the Great Wolf Lodge, please visit [www.greatwolf.com](http://www.greatwolf.com). (Value of \$500.00)

Win a one year **DOG GROOMING** package by Backdoor Guests Pet Grooming

### Backdoor Guests Pet Grooming

Let us help you walk your dog in style. Win a one year or up to six grooming visits for your dog at Backdoor Guests Pet Grooming. Located right on West River Drive in Belmont. Contact Backdoor Guests Pet Grooming at any time by calling (616) 363-8699 to find out all that is offered. (Value of \$240.00)



Win a **SPA PACKAGE** from Design 1

### Design 1 Salon Spa

Feel refreshed and look great when you win one of two packages from Design 1 Salon Spa.

**Package #1** is a spa package of your choice. You can either have a 50 Minute Massage or you can choose a Customized Spa Facial and Paraffin Spa Manicure.

**Package #2** is a new or refreshed look. This package includes a hair cut/style and color.

These gift certificates may be used at any one of the four Design 1 Salon Spa locations. For more information about Design One, please visit [www.design1.com](http://www.design1.com). (Value of \$100 per package)



Win a **32" TV** from Nawara Brothers

### Nawara Brothers

Win a 32" High Definition LCD flat screen TV from Nawara Brothers. Nawara Brothers Appliance, TV, and Bedding is centrally located in the heart of Grand Rapids, Michigan at 1030 West Fulton, about 4 blocks east of the John Ball Zoo. They have been serving West Michigan for over 60 years and offers household items, including all major appliances, televisions, bedding and hardware. And as a Brandsource member, Nawara's has the buying power of big box stores with brands such as General Electric, Maytag, Bosch, Amana, LG, Toshiba, Fisher Paykel, Samsung, Simmons and Serta. Local, friendly staff is on at all times to answer your questions, and assist in the purchase of your new appliances. The community-based dedication you will find at Nawara Brothers will provide you with value and peace of mind. Trust, Service, and Quality since 1948. For more information visit [www.nawarabrothers.brandsource.com](http://www.nawarabrothers.brandsource.com). (Value of \$500.00)

Win a family **PORTRAIT** by Andi Gilbert Photography

### Andi Gilbert Photography

Win a family portrait (8 X 10 and 4X6) by Andi Gilbert Photography. Andi is a well-known Grand Rapids photographer that specializes in family portraits, wedding photography, pregnancy photography, babies and children. She produces high quality images that you will love for years to come. Andi provides a fun and creative atmosphere with photography tailored to your needs and desires. She will take a variety of poses and candid photos of you and your family. You will be able to choose a photo from your session to be printed into an 8X10. You will also receive a smaller duplicate of the photo, perfect for a 4x6 frame. The session time is included in this wonderful package. To read more about Andi and to view some of her photography, visit [www.andigilbertphotography.com](http://www.andigilbertphotography.com). (Value of \$107.00)



Win a **GIFT CERTIFICATE** to Harvest Health

### Harvest Health Foods

Win one of six \$25.00 gift certificates to Harvest Health Foods. Harvest Health Foods will provide you with the finest quality of fresh, natural, organic, and whole foods, nutritional products, body care products, and health information. Make Harvest Health Foods your doorway to total health. Visit Harvest Health Foods online at [www.harvesthealthfoods.com](http://www.harvesthealthfoods.com). (Value of \$25 per certificate)



Win a **FAMILY PASS** to the Gardens

### Frederik Meijer Gardens & Sculpture Park

Win one of four Family Passes to Frederik Meijer Gardens & Sculpture Park. The 132-acre grounds feature Michigan's largest tropical conservatory; one of the largest children's gardens in the country; arid and Victorian gardens; a carnivorous plant house; outdoor gardens; and a 1750-seat outdoor amphitheater, featuring an eclectic mix of world-renowned musicians every summer. The internationally acclaimed Sculpture Park features a permanent collection including works by Rodin, Oldenburg, Moore, Bourgeois and Plensa among others. Indoor galleries host changing sculpture exhibitions with recent exhibitions by Picasso, Degas, di Suvero and Chihuly. For additional information on Frederik Meijer Gardens & Sculpture Park, please visit [www.meijergardens.org](http://www.meijergardens.org). (Value of \$36.00 per pass)

This challenge is for Grand Valley Health Plan patients who would benefit from losing 10 pounds. There is no charge to participate. You must be 13 years of age or older to participate.

If you meet the qualifications and would like to sign up for the 10 in 2010 Challenge, please stop by your Grand Valley Family Health Center to pick up an information packet on how to get started and request an official weigh-in.