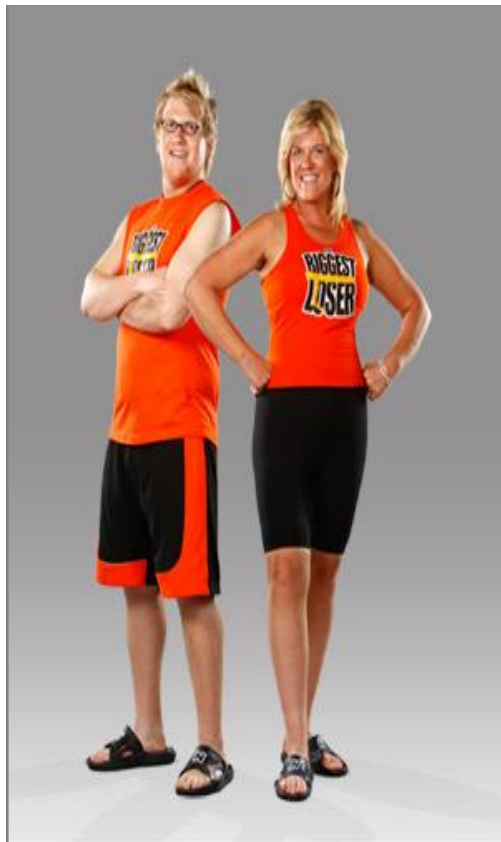


Sign Up for Hey U G L Y's

# 5k WALK TO END CHILDHOOD OBESITY

**Walk with  
THE BIGGEST LOSER  
Contestants,  
DAN AND JACKIE EVANS  
SUNDAY, MAY 2  
Noon – 3:30 PM  
At Marquette Field  
8600 W. Pals Road  
in Michigan City, Indiana**

Rain Location Marquette HS Gymnasium  
at Scholl Center, 333 10<sup>th</sup> St., Michigan City, IN



Dan's mom, Jackie Evans, will share with parents what she learned about helping her family get fit and healthy.

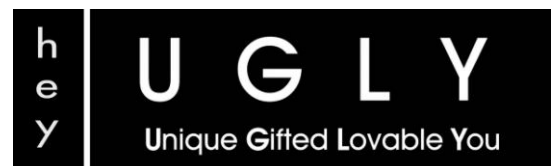


At the age of 21 Dan Evans lost 136 lbs on NBC's smash hit, THE BIGGEST LOSER.

Get your friends together for a fun walk with a serious purpose. Dan and Jackie Evans will lead the walk so come out for some exercise and help a worthy cause. Proceeds benefit Hey U G L Y who will donate 20% of YOUR pledge to YOUR school's Physical Education Department.



After the WALK Country Western Billboard chart topper, Dan Evans, will perform a few of his hits, share his story about struggling with weight and sign autographs.



a 501(c)(3) nonprofit organization  
empowering youth to be part of the solution!

## Registration Sheet for Hey U G L Y's

# 5K WALK TO END CHILDHOOD OBESITY

Get your friends together from school, work or your congregation ... come solo ... meet new friends at the walk ... and have fun meeting **Dan and Jackie Evans from The Biggest Loser**.

Registration is only \$10 per walker aged 9 and up. Register online at [www.heyugly.org](http://www.heyugly.org) or by sending a copy of this form plus \$10 check payable to Hey U G L Y, to: Hey U G L Y, P.O. Box 345, Rolling Prairie, IN 46371. All pre-registered walkers get an event T-shirt when they sign in on the day of the walk if they registered on or before April 23.

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Circle adult t-shirt size: **S M L XL XXL**

Please donate 20% of my pledges to: \_\_\_\_\_  
(Name of School here)

I already registered online by credit card; my information will be on record at sign in.

I did *not* register online, and enclose my \$10 walker registration free with this form.

**Registration:** Noon at Marquette HS Field, 8600 W. Pahs Road, Michigan City, IN (Rain location is Marquette HS Scholl Center, 333 10<sup>th</sup> Street, Michigan City, IN)

**Walk begins:** 12:30pm

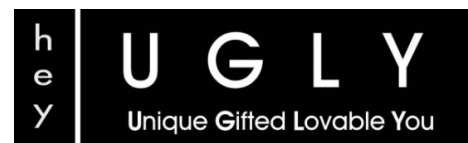
**Dan Evans mini-concert and autograph signing:** 2:30 – 3:30pm.

Use the **pledge form** on the next page to collect \$100 or more in pledges. That's 10 people @ a \$10 donation or 4 people @ a \$25 donation. (Did you know you don't even have to walk to participate? You can walk with us in spirit by gathering pledges!) If you need more room for your pledges make copies of the **pledge form** as needed.) Be sure to let us know what school you would like Hey U G L Y to donate 20% of your pledges so we can support your school's Physical Education Departments. Each dollar helps. Your tax deductible contributions will enable Hey U G L Y to give area school's their *THANK YOU BODY I PROMISE TO KEEP YOU HEALTHY* Activity Plan for FREE. It will also help fund Hey U G L Y programs to empower youth, ages 9 to 19, to deal with issues of obesity and related problems of low self-esteem and bullying. Childhood obesity is an epidemic. According to the CDC: *childhood obesity is a risk factor for health conditions such as diabetes and is associated with problems such as poor self-esteem.*

Upon completion of Hey U G L Y's *THANK YOU BODY I PROMISE TO KEEP YOU HEALTHY* Activity Plan students will be able to:

- ✓ Adopt a healthier lifestyle;
- ✓ Identify dangerous habits that can harm their bodies;
- ✓ Discover a deeper connection with themselves.

For questions or to **Volunteer** call Hey U G L Y at 219.778.2011



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