



Event Details

02/02/2021 – 3/30/2021

- Register for free [HERE](#).
- Join the Innsbrook's Biggest Loser Facebook group.
 - Get access to health and exercise tips from local professionals and stay updated on current IBL news.
 - Share selfies, exercise videos, and provide positive support to one another!
- Participants must email a virtual weigh-in photo to events@innsbrook.com on February 2nd so a baseline weight can be established.
- Participants must then email a photo of their weight every Tuesday to events@innsbrook.com for their virtual weigh-in.
- As a registrant, you will receive emails for our health and wellness forums as well as health tips from local experts.
- The health and wellness forums are live virtual discussions with local health and fitness professionals who are there to educate and answer any questions participants might have.
- 1st, 2nd, and 3rd place winners are determined by overall percentage of weight loss; Winners will be announced April 2nd.
- Anyone is eligible to participate. Registration will remain open for the entire duration of the event.
- Sign up for free classes with SealTeamPT. Promo code can be found in the registration confirmation email.

**Due to COVID, the 2021 Innsbrook's Biggest Loser will be an individual event instead of a team event.*

Have a question? [Email Us](#)