



It's based on the TV show, The Biggest Loser. But the the 3rd Annual Biggest

Health Challenge-La Crosse, doesn't feature bright lights and TV cameras. Sponsored by the La Crosse County Health Department, the 8 week program features many different avenues for you to get or stay healthy.

Jennifer Miller with the county health department says you can sign up two ways.

[\(Click for Audio\)](#)

You have one week left to sign up. The program starts February 10th.