



## INFORMATION

**February 1<sup>st</sup> – March 28<sup>th</sup> - 8 weeks**

- Each participant will pay a **non-refundable** fee of \$40.00\* (\$25.00 for members), cash or check, to enroll in the weight loss challenge. Registration deadline is Friday January 27, 2012 at 5:00 pm.
  - Prizes will be awarded to (at least) the 5 participants who lose the biggest percentage of body weight.
  - Prize amounts will be announced after the end of the registration period (1<sup>st</sup> prize minimum of \$100). Amounts will be determined by the amount of registered participants. The Fitness & Wellness Center will keep a percentage of the money collected to cover administrative costs and personnel costs, along with any other costs associated with the program.
  - Participants will be able to use the Fitness & Wellness Center for the duration the weight loss challenge. Participants must sign a Fitness Center agreement and adhere to all the rules of the Fitness Center. All participants must attend (or must have previously attended) an orientation prior to using the Fitness Center.
  - Participants will receive a free 30 minute personal training session (at available times).
  - Participants will be weighed weekly at a session or pre-determined time. Results will be private and confidential. Any participant missing more than 2 weigh-ins will be disqualified. Anyone missing the previous week's weigh-in will not be eligible for the weekly prize.
  - Participants will be emailed weekly with tips, information and their individual progress.
  - Sessions will be offered each week on various topics to help achieve weight loss and a healthy lifestyle. They will cover items such as: getting started, the basics of exercise, nutrition, motivation and others. Each topic sessions will be scheduled at two different times (to accommodate schedules). One session will be offered somewhere between 12-1pm and another will be around 4:45pm.
  - Sessions are provided for the benefit of participants. As such, participants will earn the equivalent of weight loss as follows:
    - Participants weighing 100-174 lbs earn 0.7 lb.
    - Participants weighing 175-249 lbs earn 1.0 lb.
    - Participants weighing 250-350 lbs earn 1.3 lb.
- \*Participants that arrive 10-20 minutes late will receive ½ credit; those arriving more than 20 minutes late will not receive any credit.
- Results will be posted after the 4<sup>th</sup> week and at the end of the challenge. We will never post or display an individual's weight information; only the percentage of body weight lost.
  - We encourage a combination of healthy eating and daily exercise to achieve weight loss. We do not encourage any drastic or unconventional means to lose weight.

Our goal is to help you to lose weight and become healthier. We want you to stay motivated on your path to wellness. This 8 week program will help you become more conscientious and knowledgeable. We hope that you will become more active and improve your eating habits, therefore helping you lose weight & keep it off. Attending sessions and applying the information can be critical in your path towards success.

**We wish you all the best!**



*\*The Fitness & Wellness Center reserves the right to change these rules at any time during the race.*