



# Fall Weight Loss Challenge

## UR River Campus Edition

*\*If you plan on participating, please email [fitnesscenter@urmc.rochester.edu](mailto:fitnesscenter@urmc.rochester.edu)*

### INFORMATION

**October 4 – November 8**

Each participant will pay a **non-refundable** participation fee of \$25.00, CASH only, to enroll in the weight loss challenge.

Participants themselves will be responsible for a full refund of their participation fee.

Any participant losing 0.75% - 1.74% of body weight will get \$5 returned to them at the end of the program.

Any participant losing 1.75% - 2.74% of body weight will get \$10 returned to them at the end of the program.

Any participant losing 2.75% - 3.74% of body weight will get \$15 returned to them at the end of the program.

Any participant losing 3.75% or more of body weight will get \$20 returned to them at the end of the program.

\*\*There are also prizes (donations from local businesses) for those that do the best!

Participants will be weighed privately and weekly during designated times (Thursdays 12-12:30 pm) at Rclub (Goergen Athletic Club). \*You may weigh-in at the URMC Fitness Center weekdays 10-5 if you cannot make the standing weigh-in one week.

Any participant missing 2 weekly weigh-ins will be disqualified from receiving any fees back.

Participants will be emailed weekly with tips, information and their individual progress.

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.

**This program is intended for UR affiliates who need to lose weight or want to be healthier through a combination of better nutrition and increased exercise and need some motivation to do so.**

Our goal is to motivate you to lose weight and help you be accountable. This 35 day program will help you get started on your way to a healthier and lighter. The Fitness Center is willing to help participants in any way possible. **We wish you all the best!**



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