



JUMP START - Weight Loss Challenge

**If you plan on participating, please email fitnesscenter@urmc.rochester.edu*

INFORMATION

February 27 – March 27

Each participant will pay a **non-refundable** participation fee of \$25.00, **cash only**, to enroll in the weight loss challenge. This is due, with the registration form.

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

Any participant losing 0.50% - 1.49% of body weight will get \$5 returned to them at the end of the program.

Any participant losing 1.50% - 2.49% of body weight will get \$10 returned to them at the end of the program.

Any participant losing 2.5% - 3.49% of body weight will get \$15 returned to them at the end of the program.

Any participant losing 3.5% 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 as listed – at the “Friends of Highland”

Tuesdays 10:00 – 10:30 am, beginning on 2/27 and ending on 3/27

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. We hope to help you get started on your way to be 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.*