



## January 2 – 31 (4 weeks)

Each participant will pay a **non-refundable** participation fee of \$20.00, cash only, to enroll in the weight loss challenge. Registration deadline is January 3, 2020.

Non-member participants can pay \$15 additional (any form) to have full use of the Fitness Center for the entire program period. Participants must sign a Center agreement and adhere to all the rules of the Center and must attend (or must have previously attended) an orientation prior to using the Fitness Center. Locker rental for the period would be \$5.

Participants themselves will be responsible for a partial or 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.
- \*\*Those that do well will also be rewarded with prizes!*

Participants will receive a personal training session (during trainer's available times).

Participants will be weighed privately weekly during designated or arranged times (weekdays, between 10:00am - 5:30pm).

Any participant that misses more than one weekly weigh-in will be disqualified from receiving fees back.

Participant must have a beginning weigh-in between Jan 2-6 and ending weigh-in between Jan 29-31 to qualify for prizes and 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 or support 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 30 day program will help you start the New Year out right and get on track. 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.*