



## January 12 – February 9 (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 11, 2023 at 6p.

Non-member staff participants can pay \$15 additional (any form) to have full use of the Fitness Center for the entire program period. Non-member student participants can pay \$8 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.

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 be weighed privately weekly during designated or arranged times (weekdays); at MC and FC. Designated times at the Med Ctr will be Thursdays 12-1 pm located near the main lobby; times at the Fitness Center, in College Town, will be 10a-6p Thursdays or Fridays. On-site parking available.

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 12-13 and ending weigh-in between Feb 9-10 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 by helping you hold yourself accountable. This program will help jumpstart your 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.*