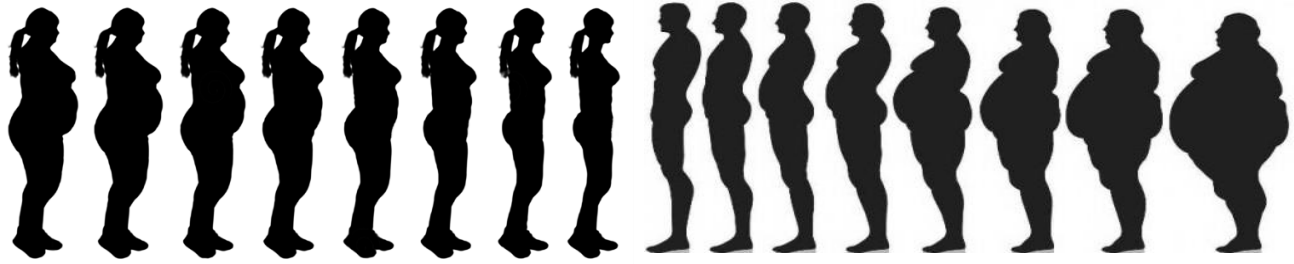


# New You



## Transformation Competition

**March 2 ~ April 7 – 5 weeks**

- Each participant will pay a **non-refundable** fee of \$38.00\* (\$28.00 for members), cash or check only, to enroll in the weight loss challenge. Registration deadline is **Thursday February 27, 2020 at 4:00 pm.**
- Prizes will be awarded to (a minimum) of 3 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 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. Donated prizes (from businesses) will also be awarded to others who do well in the program.
- Participants who are not currently members of the Fitness Center will be able to use the Center for the duration the weight loss challenge. Participants must sign a Fitness Center agreement and adhere to all the rules of the Center. All participants must attend (or must have previously attended) an orientation prior to using the Fitness Center.
- Participants receive a free 30 minute personal training session (at available times)
- Participants receive a free one-on-one meeting with a dietetic intern
- Participants will receive food and activity journal templates to help with recording
- 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, at “weigh-ins”, will be disqualified and unable to use the Fitness Center for the duration of the program. Anyone missing the previous weeks’ 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: the basics of exercise, nutritional information, motivation, actual exercise, etc. We will try our best to schedule each topic 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 .4% of their weight in bonus (based on weigh in for that week).

**\*Participants that arrive 10-20 minutes late will receive ½ credit; those arriving more than 20 minutes late will not receive any credit.**

- Participants can participate in a 30 minute group exercise program for beginners – Thursdays at 12:15 – in March for extra bonus points.

- Results will be posted after the 3rd 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.

**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.**

Our goal is to help you to lose weight and become healthier. We want you to stay motivated on your path to wellness. This program will help you 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 Center reserves the right to change these rules at any time during the race.*

