



Fall Weight Loss Challenge

UR River Campus Edition

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

INFORMATION

October 3 – November 7, 2019

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 URMCFitness 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.*