

# You Bet Your Weight!

## INFORMATION 2018

**April 9 – May 18**



Each participant will pay a **non-refundable** participation fee of \$30.00, cash only, to enroll in the program. Registration deadline is April 5 at 5:00 pm.

Non-member participants can pay an additional \$20 to have full use of the Fitness Center for the program period. Participants must sign a Fitness Center agreement and adhere to all the rules of the Center, and must attend (or must have previously attended) an orientation prior to utilization.

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

- A participant losing 1.25% - 2.74% of body weight will get \$10 returned to them at the end of the program.
- A participant losing 2.75% - 4.24% of body weight will get \$20 returned to them at the end of the program.
- A participant losing 4.25% or more of body weight will get \$30 returned to them at the end of the program.

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

Participants will receive consultations with a dietetic intern (as available).

Participants will receive \$1.50, paid at the end of the program, for each "class, session or consultation" that they attend for a total of up to \$8. You must be present for at least 25 minutes in order to get credit for attending.

Participants will be weighed privately and weekly during designated times (weekdays, between 10-5).

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.

Classes will be offered each week on various topics to help achieve weight loss and a healthy lifestyle. They will cover items such as: getting started, exercise basics, nutrition, motivation and others. Most sessions are scheduled between 12-1pm and 4:30-5:30pm. Individual sessions scheduled based on availability.

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 and guidance.**

Our goal is to help you to lose weight and become healthier. We also want to help you stay motivated. This 50 day program will help you become more active and improve eating habits, therefore helping you lose weight and 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.*

