

Weight Loss Challenge Guidelines

Weight loss should be the result of healthier eating and exercise habits. Participants are on the honor system and should participate in a healthy and fair manner.

Prohibited:

- ⌚ Diet pills (herbal or prescription appetite suppressants, metabolism enhancers, protein shakes, etc.)
- ⌚ Water pills (diuretics) unless prescribed for a medical condition such as high blood pressure
- ⌚ Laxatives and colonics

Kick off Night

October 17th @ 7:00p.m. Speakers about nutrition, exercise and wellness.

Criteria for "Winning":

- ⌚ "Winners" are determined by percentage of total weight loss. This is a fairer comparison than total pounds lost since heavier persons can safely lose weight more rapidly. A healthy rate of loss is 1% of beginning weight per week. So, a person weighing 280 pounds can lose 2-3 pounds per week while a person weighing 180 pounds would be expected to lose no more than 1-2 pounds per week. If there is a tie, the winner will be determined by the total percentage of body fat lost
- ⌚ Prior weight loss winners are not eligible for prizes.

Name: _____ Code Name: _____

Address _____

Email Address: _____

I will weigh in and have a body composition test done on October 17th @ _____.

I will weigh in and have a body composition test done on October 18th @ _____.

Please do not eat or exercise 3 hours before the weigh in*

Weight Loss/Maintenance Waiver Form

I am participating on a voluntary basis in the Weight Loss Challenge. I understand that weight challenge/recreational/athletic activities may result in injuries to participants. I believe that I am in good health to safely participate in this activity. (If over 35, it is advisable that this activity is cleared with your doctor).

Name (please print)

Signature Date

Weight Challenge: Participant's Guide

Register:

- ⌚ Register at the Front Desk
- ⌚ Checks made out to SRC Foundation: Members \$15 & Non-Members \$25

Participate:

- ⌚ Even if you choose not to participate in the challenge, you are welcome to participate in any related educational activities.
- ⌚ Throughout the program you will receive information about support activities planned such as e-mail message of encouragement, weekly weight checks, dates of recommended Wellness Program classes, and other special programs and incentives.
- ⌚ The program begins with an initial weigh-in to get a starting weight. The initial weigh-in will be held on October 17th or 18th & the final weigh-in will be held on December 19th & December 20th at Symons Recreation Complex. Weigh-ins will be done with no shoes, no coats, and nothing in pockets of pants. *Weight checks will be provided by the staff and kept completely confidential.* During the weigh in, each person will also have a body composition test. Please do not eat or exercise 3 hours before this test.
- ⌚ Weight loss or maintenance should be the result of healthier eating and exercise habits. Please, no diet pills (herbal or prescription appetite suppressants, metabolism enhancers, etc.), laxatives, colonics, or water pills (diuretics) unless prescribed for a medical condition such as high blood pressure, etc. We are on the honor system. If you choose to join the program, please participate in a healthy and fair manner.
- ⌚ Criteria for "winning"
 1. At the final weigh-out, subtract your final weight from your initial weight to determine any weight lost or gained. A final body composition test will also be done.
 2. The program coordinator will calculate weight changes and determine "winners". The winner will be the person with the highest percentage of weight lost. *If there is a tie, the winner will be the person with the highest percentage of body fat lost.*
 3. The winner will receive half of the money raised in the Challenge. The second place finisher will receive 2 free session of personal training. Weekly prizes will be given for weekly winners.

***Remember, everyone who participates
wins better health!***