

Lose to Win  
NCK Wellness Center's 10-week Healthy Weight Loss Challenge  
Rules & Regulations

1. Form a team of 2 people. Team members can be members or non-members of NCKWC, 18 years of age or older, and can be of either gender.
2. A team fee of \$100 (\$50 per person) must be paid by Friday, Jan. 6th and will not, for any reason, be refunded. Fee will go towards prizes for all who participate and cash prizes based upon team results. Any participant who has not paid by the 6th will not receive prizes.
3. Participation is defined as TEAMS in which both members lose at least 4% of their body weight by Week 10 Weigh-ins.
4. Each team must have a team name.
5. Team members cannot be replaced. If a team member can no longer participate due to sickness, pregnancy, or any other reason, their remaining weekly weigh-ins will reflect zero and will be calculated in the team's totals.
6. All participants are required to weigh-in weekly. Each team must designate which day of the week they will weigh-in each week. Team members must weigh-in on the same day each week. For example, if a team designates Wednesday as their weigh-in day, the team members must weigh each Wednesday during the 10-week competition.
7. Week 1, Week 5, & Week 10 Weigh-ins are MANDATORY for all participants. Any participant who misses a mandatory weigh-in will be disqualified.
8. A NCKWC staff member will weigh each participant for the Wk 1, Wk 5 (Jan 30-Feb 3), and Wk 10 weigh-ins in private in the back office using the facility's scale. Each participant will be told their weight loss, but will not be told the weights of the other team member or any of the other participants. Participants will be required to weigh on their own the other weeks of the competition. Weights must either be recorded & placed in the NCKWC's Suggestion Box or emailed to Janea or Lori each wk. We will respond to all emails to ensure receipt of the weight. Team percentages will be displayed weekly, but actual weights or pounds lost will never be displayed.
9. The winners of this challenge will be based upon TOTAL PERCENTAGE of TEAM weight loss. The top male & top female will also be awarded based on TOTAL PERCENTAGE of Individual weight loss. Winners will be awarded 25% of their cash prize at the end of the 10-week competition. Winners then must at least maintain their weight loss within +20% at required monthly weigh-ins to receive the remaining 75% of their cash prize.
10. Monthly weigh-ins April 1-7, May 1-7, June 1-7, & final June 25-29<sup>th</sup>, are required for all Winners to receive their cash prizes and any team that wishes to receive a hoodie.
11. All Teams in which both members lose at least 4% of their body weight by their Week 10 weigh-in will be eligible to receive a hoodie if they continue to lose at least 10% of their initial body weight by June 29<sup>th</sup>, maintaining within at least +20% of their week 10 weight at the required monthly weigh-ins. Members who lose 10% or greater by Week 10 must maintain within +20% of their Week 10 weight at each required monthly weigh-in to be eligible for a hoodie.
12. All participants will be required to remove shoes before weigh-in. Regular clothing must be worn.
13. Members will also have the advantage of checking their body fat during their weekly weigh-in if they wish. This will have no effect on the competition, but is available by request.

I have read, understand, and will abide by the above rules and regulations of this competition. I understand it is my responsibility to consult with my physician before I begin this competition and am aware that this competition is intended to promote healthy weight loss through regular physical activity. Workouts are limited to no more than 60 minutes or 10 minutes in the hot tub prior to your weigh-in on your weigh-in day. I also understand that other drastic measures such as bulking up/overconsumption, weight loss surgery/drugs are prohibited during this competition and will disqualify my participation. Participation of individuals under special circumstances such as pregnancy will be at the discretion of the NCKWC director.

Team Name \_\_\_\_\_

Team Member (Print Name) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_