



## ***Biggest Loser Challenge is coming!***

**What is it??** A Weight Loss challenge that offers you the chance to lose some weight, win some \$\$\$\$\$\$, learn more about nutrition and fitness with discounted Personal Training rates.

**Who can participate?** Any Peak Member who has not had weight loss surgery or who is not currently taking prescription diet pills and needs to lose at least 15 pounds.

**Contest Dates?** January 12th to March 6th. First weigh in at Peak must occur before January 12th.

**Entry Fee?** \$10 per person which will be awarded to the top losers!!

**How Can I Win?** Have the highest percentage of weight loss for your gender. We will also award second and third place winners with \$\$\$\$ also.

**How Can I Sign Up??** Just read the rules, sign the form, pay your entry fee, and get weighed in.

### **Optional Services Provided:**

- ✓ **Nutritional Tuesdays** – We all have questions about what we should eat to be healthy and to lose weight. So each Tuesday Mary Ann Wood our head Personal Trainer who is certified in Nutrition will host a workshop with a different topic each week. Workshops will begin January 13 and will start at 5:30. This is a FREE service for our Peak Body Challenge participants.
- ✓ **Biggest Loser Personal Training Workouts** – You want to feel the burn???? You want to burn LOTS of calories? You want to work out like you have seen the contestants on the 'Biggest Loser' show ***.THIS IS YOUR CHANCE!!!!*** Personal Training rates will be discounted to only \$25 per session for our Peak Body Challenge contestants!!! No groups and member must be active in the competition

(over)

## Rules:

- ✓ Each participant must weigh in at Peak on or before, Monday, January 12th and pay their entry fee. Your weight will be recorded and will not be displayed in the gym.
- ✓ Each week you must weigh in at Peak by Friday. You are given two excused absences. Failure to weigh in will result in you being ineligible and forfeiting your entry fee. You will be called if you miss your weigh in.
- ✓ Any winner must lose at least 15 pounds to receive a cash prize. One male and one female winner will be awarded first place and will receive 50% of all the Entry Fees collected, second place for each division will receive 30% and third place 20% of all entry fees collected. Winners will be announced on March 12<sup>th</sup>.
- ✓ Winner will be determined by percentage of weight loss by gender. Math will be double checked by a neutral third party.

It is strongly suggested that before undertaking any diet or exercise regimen, that participants consult with their Physicians, as Peak or its Personal Training Staff assumes no responsibility for a member's health as it relates to participating in this contest.

I have read and will abide by the above rules and will not attempt to figure out a way to win that suits only me!

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Signature

Date