STERLING COMMUNITY WELLNESS CENTER

BIGGEST LOSER CHALLENGE

Start Date: January 5, 2021

Ending Date: March 16, 2021

**What is the Sterling Community Wellness Center Biggest Loser Challenge?**

* A **10 Week** weight loss/wellness competition.
* The challenge will run Tuesday, January 5, 2021 through Tuesday, March 16, 2021
* A team of **FOUR** SCWC members will compete for the highest percentage of weight loss.
* Cash and prizes (based on participation) will be disbursed to the top team and top individual at the end of the program.
* Only team weight loss percentages will be posted; **NEVER WILL AN INDIVIDUAL’S WEIGHT LOSS BE POSTED.**
* **Like “Sterling Community Wellness Center” page on Facebook to receive tips, motivation, recipes, workouts and so much more!**

**Who is able to join a team in the competition?**

* Members of the Sterling Community Wellness Center
* Age 18 and over; unless written consent of legal guardian
* Must maintain your Sterling Community Wellness Center membership through the 10 week program

**What are the rules of competition?**

**1.** It is your responsibility to acquire permission from a health care professional before making any significant changes to your dietary habits or your physical activity routines.

**2.** Must be and remain a member in good standing with the Sterling Community Wellness Center.

**3. All teams must be registered no later than Monday, January 4th, 2021**

**4.** Form your own 4-person team. Only teams of four will be allowed to participate.

**5.** The SCWC director retains the right to disqualify a participant based on a current health conditions, i.e. pregnancy or underweight.

**6.** Exercise and nutrition programs are up to each individual and their team.

**7.** No weight loss surgery during the 10-week challenge.

## Weigh-Ins (Weigh in’s will be on TUESDAYS)

1. **First weigh-in TUESDAY, JAN. 5TH, 2021**
2. Each **Tuesday** beginning January 6, 2021 through March 16, 2021.
3. Team members weigh-in individually.
4. SCWC staff will weigh you using the electronic scale. For your privacy, only you will be informed of your loss/gain.
5. A missed weigh-in will be entered as a zero for the week.
6. Two or more missed consecutive weigh-ins will result in disqualification. Arrangements can be made for alternate weigh-in day with the SCWC Director as needed.
7. A team member will be disqualified if the last weigh-in on March 17, 2020 is missed.
8. T-shirts and shorts are recommended for weigh-ins; shoes and socks must be removed for use on the electronic scale.

**Registration of Team**

1. Form a team of four SCWS members. $100.00 team fee ($25/person) must be paid by January 5, 2021
2. Teams must be registered by Monday, January 4th, 2021
3. Choose a unique name for the team. Example: Doughboys; Crunch Time; Big Belly, Muffin Tops.
4. All members of the team must complete a health form and a liability waiver for the SCWC prior to the first weigh-in. Membership fees with the SCWC must be maintained for the entire length of contest.
5. Team members cannot be replaced during the competition.
6. A disqualified team member’s weight loss percentage will be calculated as a zero for the remainder of the competition.
7. Any disputes will be decided by the Director of the Sterling Community Wellness Center.

The team and individual with the largest percent of weight loss will be declared the winner!

**Register your team today at**

*The Sterling Community Wellness Center*

**620.278.2357**

411 N. 4th St., Sterling, KS

**HOURS**

Monday thru Thursday 5:00 am - 9:00 pm

Friday 5:00 am - 7:00 pm

Saturday 8:00 am - 12 noon

CLOSED ON SUNDAY!

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

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