



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

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

**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 11th to March 5th. First weigh in at Peak must occur before January 11th.

**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 \$\$\$\$.

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

### **Optional Services Provided:**

- ✓ **Nutritional Workshop will be held on Saturday, January 16th watch for times.**
  
- ✓ **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 \$20 per session for our Peak Body Challenge contestants!!!

(over)

## Rules:

- ✓ Each participant must weigh in at Peak on or before, Monday, January 11th and pay your entry fee. Any front desk staff member can weigh you. 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. 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 10th.
- ✓ 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