Biggest Loser Contest

Rules and Regulations

February 15th 2014 – May 31st 2014

1. The Biggest Loser Contest will last a total of 15 weeks
2. Each Participant will have the opportunity to weigh in a total of 16 times
3. All Weigh-ins are mandatory and on Saturdays.
4. There will be 4 group challenges these will be held on Saturdays at 10am.
5. The competition will start off with 2 groups and end with 3.
6. Each participant will have the opportunity to work with his or her trainer.
7. There will be 12 classes offered (1 every week) to help with your weight loss.
8. There will be 3 different types of workout class (strength, cardio, water) every week.
9. There will be 3 group workouts per week, your trainer may add days.
10. Trains will set group workout times if you do not participate it is your loss.
11. All Meetings between the trainer and contest participant must be held on the premises of Healthworks Fitness and Wellness, Inc. However there will be a waiver to fill out if we workout off site.
12. Water Consumption- Participants must drink plenty of water/fluids throughout the competition.
13. Food Consumption- Not eating WILL NOT be allowed! The best way to lose weight is to eat healthy foods throughout your day!
14. Using the sauna for weight loss purposes is not effective. You will only lose water weight. Use of the sauna more than 2 hours before a weigh in will NOT be allowed!
15. Excessive Exercise- Exercise is important; however excessive exercise will not be permitted. If our staff/trainers feel you are over exerting yourself to the point of physical or mental harm, you may be removed from the competition.
16. The final results of the competition are based on the percentage of body weight lost. In the event of a tie the following will be considered: Pounds and inches lost, effort, and number of workout sessions and weigh-ins completed.
17. Healthworks staff members have the right to disqualify any participant for not following the rules of the Biggest Loser Competition.
18. No Refunds will be given for any reason!!!!

I have read and will abide by the rules of the Biggest Loser Competition.

Biggest Loser Participant Signature: ____________________________ Date: ___________

Healthworks Staff Member Signature: __________________________ Date: ___________