

Biggest Loser Rules

Weigh ins- Your initial weigh-ins may begin upon receipt of registration and anytime from Monday february 25th to Wednesday March 6th. Weigh-ins happen on the Rec Scale only with a witness. No shoes.

- The first official weigh in for weight loss will be on Friday March 8th, upon completion of the evenings workout, somewhere around 6:30 PM
- WE have decided to base the results on pounds lost rather than percentage. It is easier to track for recording purposes.
- Cash Payouts will happen weekly to the top 2 or 3 weight drops. You must have weighed in the previous week to be eligible for the weekly pay outs. Pay outs happen at evening weigh-ins only.
- Winners- The Final week on May 10th, we will have the last weigh-in. 2 Male and 2 Female winners will be crowned "the biggest loser" The winning Male will receive \$150 and the winning Female will receive \$200. Runners up will receive \$75/ a piece. (female has more entrants).

Hints and Tidbits

Nutrition is the key ingredient to your weight loss goals. What you do in the kitchen has a dramatic effect on your weight. We encourage a Well balanced, clean eating diet. I have included a Foods list from the Whole Life Challenge that can help you choose the proper things to eat. Check with a nutritionist if you have any food allergies or need a special diet.

- Move, count steps, do extra. The Rec workouts alone will not ensure your success, you need to change your lifestyle. Add more to your daily routine, park further away. Join other classes or groups.
- Included in your membership is registration into the Sunshine 5k (May 11th), also Wednesday night line dancing at the Rec from 6:30 to 8:30. We are also encouraging group walks/runs on tues/thurs nights. Get together and help each other.
- Drink Water- Water flushes your system, keeps you hydrated, and helps you burn fat. In a weight loss competition, restricting water can have adverse effects. Drink it up.
- We are not perfect.. Mistakes are made, having a bad meal is not the end of the world, keep your chin up, and make sure the good habits outweigh the bad habits...