



# 2017-2018 MAGIC VALLEY RULES, INFO & RELEASE

The **St. Luke's FitOne Weight Loss Challenge** is designed to help you achieve a healthy weight and active lifestyle. The goal is to encourage you to lose 3% of your total body weight within 180 days and 7% of your total body weight by the final weigh-in September, 2018.

## Kick Off

- Times News Health Fair October 14<sup>th</sup> from 7 a.m. – 1 p.m.
  - Sign Up, Pay & Complete Your First Weigh In
  - \$10.00 Student Discount for College of Southern Idaho Students (See Jaime Tigie)
  - \$10.00 YMCA Member Discount (See YMCA of Twin Falls)

## Continuous Support

- A chance to earn CASH for losing a minimum of 7% of your total body weight
- A 2-week online “jump start” plan with recipes and shopping lists
- Monthly e-tips and recipes
- Information via Facebook and the Weight Loss Challenge blog
- Connections with others like you who are working to improve their health

## Activity & Exercise Resources

- Special, \$15.00 monthly membership rate to the College of Southern Idaho Recreation Center
  - NO initiation fees, NO contracts and NO automatic withdrawals
  - Access to the CSI Student Rec. Center, a 10,000 square foot facility with a full Basketball Court, Elevated Walking Track, Cardio Loft and Hall with floor to ceiling windows overlooking the beautiful CSI Campus, Large Weight Room with 2 additional weight rooms when classes are not in them, open 360+ days a year, and 104 hours a week.
  - Unlimited Free Drop-In Fitness Classes – about 30 each week.
  - Access to Locker Rooms with showers and towels (locker rooms may be closed on occasion due to CSI Athletic events or graduations)
- Punch Card for 24 Passes to the YMCA of Twin Falls (2 per month)
  - No joiner's fee throughout competition, No Contracts Ever
  - Free Child watch for Members, over 80 free classes for members every week to choose from, State of the Art Strength and Cardio Equipment, Indoor Swimming Pool, 2 Indoor Tennis Courts and open 7 days a week
- Free 30 Minute Activity Classes Tuesday and Thursday at St. Luke's Cardiac Rehab, 2550 Addison Ave. East Suite C, Twin Falls
  - Instruction Provided by Certified Exercise Physiologists
  - Tuesday/Thursday 4:30 p.m. Beginner & 5:30 p.m. Intermediate

## Nutrition Classes & Support

- Healthy Holiday Cooking - November 8<sup>th</sup> - 6 p.m.
- Cooking for Two, January - 16<sup>th</sup> - 6 p.m.
- Weight Loss Explained - April 17<sup>th</sup> - 6 pm

## **3 STEPS TO CASH PRIZES!**

### **STEP ONE:**

**REGISTER:** [www.fitoneboise.org](http://www.fitoneboise.org) (Registration opens September 11, 2017)

**PAY:** \$40 (on or before September 23)  
\$50 (on or before October 21)  
\$65 (October 22-27) \$154

**WEIGH-IN (by October 27): (please dress appropriately—i.e., t-shirt and shorts/capris/sweats; no jeans)**

- **Attend the Challenge Kick-Off**
  - Saturday, October 14, 8am – 2pm, College of Southern Idaho Gym, Twin Falls
- **Continuing Weigh-ins (Oct 23– Oct 27) are also available (see locations below)**

**STEP TWO:**

**ATTEND ALL REQUIRED WEIGH-INS** - If you miss one of the required weigh-ins you are still in the Challenge and will continue to receive e-tips, attend classes and programs and can win perseverance prizes, but you are no longer qualified to win cash prizes.

**Qualifying Weight Checks**

- St. Luke's Healthy U Office – 496 Shoup Ave. West Suite A, 814-9183 - Mon-Fri 11am-1pm  
\*Please call 208-814-9183 if you are unable to weigh-in between 11am-1pm.
- *CSI Students & Employees* - Qualifying weigh-ins held on campus with Jaime Tigue.
  - Mon-Fri 12pm – 3pm, with morning weigh-ins available by appointment
- *YMCA Members* – Qualifying weigh-ins held at YMCA location
  - Mon-Fri 6am – 8am or 12pm – 3pm
- Weigh-in Dates:
  - Initial: October 23-27, 2017
  - 90-Day: January 15-19, 2018
  - 180-Day: April 16-20, 2018 (3% body weight lost by 180-day weigh-in)
  - Final: September 10-14, 2018 (7% body weight lost by final weigh-in)

**STEP THREE:**

**ATTEND THE FINALE at the FITONE HEALTHY LIVING EXPO – Friday, September 21, 2018 – 6:00pm**

**WHO CAN PARTICIPATE?**

All St. Luke's FitOne Weight Loss Challenge contestants must be 18 years or older, with no physical or medical restrictions. St. Luke's recommends the supervision of a medical professional before changing or modifying your diet or exercise plan.

The following conditions will disqualify a participant from winning cash prizes:

- Weight reduction medical procedures of any type **TWO YEARS PRIOR to OR DURING** the Weight Loss Challenge. This includes but is not limited to surgical bypass, lap-band, or liposuction procedures.
- A Body Mass Index (BMI) under 18.5 (the Challenge promotes weight loss to a healthy BMI range of 18.5-25.0)
- Pregnancy during the Challenge

**PAST PARTICIPANTS and KEEP IT OFF CASH**

- Individuals from the 2016 WEIGHT LOSS CHALLENGE who made each required weigh-in and lost a minimum of 5% of their total body weight are eligible to compete for cash prizes.
- Must follow all the rules for the required 2017-2018 weigh-ins (see above).
- Must have starting weights (October 2017) within 2 pounds (or lower) than their final weights in May 2016.
- Those whose final weights in September 2018 are the SAME or LOWER than their starting weights in October 2017, will win a share of the \$25,000 cash prize to be equally split among the other eligible participants.

**TEAMS**

**TEAMS are strongly encouraged! The top 3 teams with the most members will be recognized at the awards ceremony, in our social media and presented with a HEALTHY LIVING Trophy at the FINALE!** Teams can be comprised of co-workers, family members, church members, etc.

**LATE REGISTRATIONS**

Individuals who wish to join the Challenge **after** the OCTOBER 27<sup>th</sup> deadline can register, pay, and receive all the benefits of the program but **WILL NOT** qualify to compete for prize money.

- \$50 November-January
- \$35 February-June
- \$25 July-September

### **OTHER RULES:**

- Cash prizes cannot be won by employees, agents, directors (or their spouses) of **St. Luke's Healthy U Department** or any of the Challenge sponsors.
- Prize winners will be determined by percentage of body weight lost, **not** number of pounds lost
- Cash prize winners are eligible for prize money TWO years in a row.

### **NO REFUNDS**

**Please read all Challenge rules and requirements prior to registering.** Registrations are NON-REFUNDABLE and non-transferable to next year's event—NO exceptions. This policy stays in effect whether you are injured, have an unexpected business or family emergency, pregnancy, etc. **There are absolutely NO exceptions.**

### **PERSEVERANCE PRIZES**

Stay in touch and stay motivated! Watch your emails and follow us on our [Facebook page](#) for opportunities to post photos, email your weight and participate in fun challenges for a chance to win prizes!

### **Earn a FREE entry into the FitOne 5K in September 2018**

Make the first three weigh-ins (first weigh-in in October; 90-day in January; and 180-day in April) and lose 3% of your bodyweight by the 180-day weigh-in, you will earn a free entry into the FitOne 5k walk/run in September 2018!

### **ACCEPTANCE OF RELEASE**

**Registering for the St. Luke's FitOne Weight Loss Challenge signifies your acceptance of participation** and your intention to be legally bound for yourself, your group of participants, and do hereby release and discharge St. Luke's FitOne, St. Luke's Health System and its affiliates, including but not limited to the City of Boise, West Ada School District, Volunteers, any and all sponsors, contributors, and organizers from any and all liability arising from illness, injury, and damages your or your group of participants may suffer as a result of participation in St. Luke's FitOne events.

You further grant permission for all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. You certify your compliance, on behalf of yourself and your group with your registration into the St. Luke's FitOne Weight Loss Challenge.

This release and waiver extends to all claims of every kind whatsoever foreseen and unforeseen, known or unknown.