



WEIGHT LOSS CHALLENGE

2017-2018 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.

With your paid registration, you receive:

- 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
- A 'class pass' to all 4 Axiom Fitness locations in the Treasure Valley (\$240 value!)
- Monthly e-tips and recipes
- Exercise and nutrition classes
- Information via Facebook and the Weight Loss Challenge blog
- Connections with others like you who are working to improve their health

AXIOM MyZone PACKAGE

An optional package from Axiom Fitness is available exclusively to Weight Loss Challenge participants. For an additional \$89, participants will receive:

- A MyZone heart rate monitor
- Monthly exercise challenges with prizes incorporating the MyZone heart rate monitor
- Class pass membership allows access to all 4 Treasure Valley locations
- Unlimited access to world class group exercise programs
- Complimentary fitness consultation with an Axiom Nationally certified Personal Trainer
- Complimentary one-on-one evaluation to assess progress every 30 days More info can be viewed [HERE!](#)

3 STEPS TO CASH PRIZES!

STEP ONE:

REGISTER: www.fitoneboise.org (Registration opens September 11, 2017)

PAY: \$50 (on or before October 21) without the Axiom MyZone Package
\$139 (on or before October 21) with the Axiom MyZone Package
\$65 (October 22-27) without the Axiom MyZone Package
\$154 (October 22-27) with the Axiom MyZone Package

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

You may choose one of the following:

- **Attend a Challenge Kick-Off**
 - Saturday, October 14, 7am – 1pm, CSI Gymnasium, 315 Falls Ave., Twin Falls
 - Saturday, October 21, 8am - 3pm, West Ada School District, 1303 E. Central Drive, Meridian
 - Saturday, October 21, 7am – 11am, Parks & Rec Activity Center, 440 East 8th North, Mountain Home

- Continuing Weigh-ins (Oct 23 starting at NOON – Oct 27 at 5pm) are also available. Please refer to list of weigh-in locations.

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.

Required Weigh-in Dates:

Initial: October 23-27, 2017

90-Day: January 15-19, 2018

180-Day: April 16-20, 2018 (3% body weight must be lost by 180-day weigh-in)

Final: September 10-14, 2018 (7% body weight must be lost by final weigh-in)

*Please refer to list of weigh-in locations.

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 27th 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.