



**Granville-Vance
Weight Loss Challenge**

GUIDELINES FOR PARTICIPATION

The following guidelines must be observed in order to participate in the contest:

- Participation is for **TEAMS ONLY** – no individual registrations will be allowed.
- Teams must consist of three (3) members, including the team's captain.
- Teams must begin and end the contest with the same team members. If a team member drops out for any reason, the team would be ineligible for the final team prize drawings. However, individuals who lose at least 10 pounds would still be eligible to win one of the fourteen \$50 achievement prizes.
- Teams will not be allowed to substitute members for any reason.
- Teams will have one week to weigh in and one week to weigh out for the contest.
 - **Participants must weigh at the same facility for beginning and ending weights.**
 - **Teams are encouraged to weigh-in and out together if at all possible.**
- **Teams that weigh-in together AND complete the online registration form by March 9, 2014 will have an extra chance at winning a team prize – IF they meet their weight loss goal.**
- Participants need to wear normal business attire for weigh-ins. Bulky items such as overcoats, purses, work boots, etc., will not be allowed. Participants should remove shoes when weighing in and out.
- Weigh-in sites will be required to keep and record individual team members' beginning and ending weights. These weights will be kept confidential and will only be shared with Weight Loss Challenge staff members to determine eligibility for prize drawings.
- If any team member needs a scale capacity greater than 400 pounds, please contact David Ruggles at (252) 436-1116 to schedule an appointment to weigh-in.
- Those who have had a weight-loss surgical procedure will not be eligible to participate until one year after the surgery.
- This program is intended for adults. No one under the age of 18 will be allowed to participate.
- Those who are pregnant, or who become pregnant, are not eligible to participate.
- The objective of this campaign is to lose weight in a healthy manner and to have fun doing it.

To be eligible for the grand prize drawing, teams must maintain all three original members, and each member must lose at least 10 pounds during the 10-week contest.

Teams that meet this goal AND ALSO weigh-in together,
AND complete their online registration by March 9, 2014 will get their "name into the hat" an extra time for the team prize drawings.

Within 2 weeks of the weigh-out, three team names will be drawn randomly.

The first team will win \$150 per team member, the second team will win \$75 per team member,
and the third team will win \$50 per team member.

To be eligible for the drawing of one of 14 individual \$50 achievement prizes, individuals must complete the 10-week contest and lose at least 10 pounds. All successful Challenge individuals will also be eligible for drawings for two 6 month memberships to the YMCA and possibly other local fitness facilities.

NEW – PRIZE DRAWING FOR ANYONE WHO LOSES WEIGHT!

Anyone who loses at least **3 pounds**, is eligible for a prize, regardless of their team's achievement. Winners of team or individual prizes are not eligible to win these prizes. The **seven** individuals drawn will win either a \$25 Visa gift card **OR** a one month membership to the Henderson YMCA.