

# **BIGGEST WINNER - ULTIMATE THINNER**

## **RULES & REGULATIONS**

- The team that loses the greatest percentage of their starting Team Weight will win the \$1,500 Grand Prize (\$300 per person).
- The Individual that loses the greatest percentage of their starting Individual Weight will win \$100 (1 Male and 1 Female)
- Five (5) people to each team.
- A minimum of 15 teams must participate in order to run the contest. A full refund will be given to each participant if the minimum requirements are not met.
- No refunds will be issued after registration fee is paid, with the exception of not meeting the minimum requirements (15 team minimum).
- If there are more than 15 teams, the grand prize is still \$1,500 (\$300 per person).
- The beginning weigh-in must be between Jan. 2 and Jan. 8 (no weigh-ins after Jan. 8) and the final weigh-in must be done between Feb. 20 – Feb 26 (no final weigh-ins after Feb. 26).
- Mandatory weigh-ins every 2 weeks. If any team member fails to weigh-in within the required dates, the entire team will automatically be disqualified from winning the grand prize. (Individuals are still eligible for the individual prizes.)

Weigh-In #1 Jan. 2 – Jan. 8

Weigh-In #2 Jan. 23 – Jan. 29

Weigh-In #3 Feb. 6 – Feb. 12

Final Weigh-In Feb. 20 – Feb. 26

**\*You may weigh in early, but you MAY NOT weigh in late**

- Participants must weigh-in without shoes and with only workout clothes on. The same clothes or the like are required at each weigh in.
- Participants can come at any time during BAC working hours and weigh-in but must check in and log their weight with a BAC staff member.
- All contestants are recommended to complete 4 workouts per week minimally (24 total workouts) during the contest. A combination of strength training, cardiovascular, and group fitness classes are recommended to achieve maximum results.
- If contestants are interested in hiring a Personal Trainer, Pilates Instructor, Yoga Instructor or Nutritionist to assist with their weight loss during the contest, our expert staff is available to everyone at an additional cost.
- We do not encourage or condone liquid or starvation diets by any participants. This contest is meant to be a motivational jump start to a healthy you. Please don't "diet" as this is not a maintainable lifestyle. Instead consult our Nutritionist for healthy ways to lose weight.
- Upon signing up, you will receive a welcome packet with further information.

