

KWRL 2010 Forever Fit Challenge

Kalama, Woodland, Ridgefield, La Center

Get HEALTHY! Live Longer! Enjoy Life!

What is the “Forever Fit Challenge”?

It is a 12 week weight-loss/wellness competition. The goal is to inspire our community to become healthier and fitter through a fun competition that promotes a healthy lifestyle. Being overweight and out of shape has been linked to almost all chronic illness as well as lack of productivity and poor quality of life. There are many unhealthy ways to lose weight and our goal is to teach and promote healthy, permanent, weight loss. It is not only important to lose weight, but more important to lose fat. To measure PURE FAT LOSS we are using the Bod Pod for body fat composition testing. The Bod Pod is one of the most accurate ways to determine how much lean weight you have and how much of your weight is made up of fat. The challenge will be to lose the highest fat percentage (not lean body mass) at the end of the 12 weeks

The competition will be made up of Teams of 5 people each. You can make up your own Team or we can help you to find members for your Team. The Team that loses the highest percent of body fat will win. Cash prizes will be awarded to the members of the Team that wins as well as the individual biggest loser at the end of the final weigh-in (The number of team and individual winners will be dependant on the number of participants). Additional prizes will be awarded from local sponsors to participants at the final weigh in based on overall fat loss percentages.

We would like to have teams registered by January 23rd. The first challenge will begin on Saturday, January 30, 2010. Late registration will be available the day of the initial weigh-in. The weigh-in and Bod Pod testing will be held in the Oak Tree Plaza (Where Radio Shack was located). Final weigh-in will be 4-24-09.

Fees and Regulations

- Each Team member must pay a \$65 registration fee. All registration fees are due by the FINAL weigh in. Participants can pay IN FULL at the time of registration or \$5 per week. Payment arrangements can be made to pay weekly. Fee to include the initial weigh-in, weekly weigh-in's and Bod Pod testing (done by Weight Loss Health Pros)
- All additional Bod Pod testing will cost \$20.00 (Regular Fees for Bod Pod testing with The Weight Loss Health Pros are \$70 per test). Due to the cost it is only required to be Bod Pod tested at the **initial weigh-in** and at the **final weigh-in**. However, Bod Pod testing will be available monthly.
- Each team member must be present for the initial weigh-in.
- Weigh-ins will be held weekly.
- The purpose of the fees is to encourage all participants to stay in the contest and focused on the goal of weight loss. Therefore, penalties will be enforced to those who do not show up for weekly weigh-ins. For each date missed individuals will be required to pay a \$5 fee. In addition to lack of attendance, for every FULL pound GAINED *that* person will be required to pay \$1. For each FULL pound gained a \$1 fee will be owed. All fees will be added to the prize pool.
- ALWAYS CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR DIETARY HABITS OR YOUR PHYSICAL ACTIVITY ROUTINES. Or, for those without a primary care provider you are encouraged to schedule FREE Health Assessment with Dr. Aaron.
- All weigh-ins are private and confidential. We will only publicly share the percentages of weight loss of the team.
- All participants will weigh in every Saturday.
- Participants should attend the initial weigh-in any time from
- Healthy eating and exercise are encouraged.
- No weight-loss surgery during the 12 week contest.
- Drastic weight loss (over 5 lbs. per week) is discouraged.
- Everyone must weigh in weekly (Saturday's from 9am -12pm)or, as previously stated a \$5 fine will be added, per week, in addition to that week's \$5 weigh-in. Basically, if you have to miss a Saturday, simply bring \$15 the next week (\$5 for the missed week's weigh-in, \$5 for the fine, and \$5 for the current week's weigh in.

- Weigh-ins may take place with or without other teammates.
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- Weigh-ins after the initial weigh-in may not take place any other times, days or locations than those listed above.
- Weekly average team weight-loss percentages – not participants' weights – will be posted at _____.
- It is up to each team member to regularly check his/her email to read the weekly updates from the contest organizers.

Why Will It Be Successful?

- Team effort motivates participants to stay focused on losing weight through diet and exercise.
- Cash prizes motivate participants to remain competitive throughout the 12-week program.
- Team members choose their own diet and exercise program, however, we have many options for those that want help and support.

Who Can Join The Contest?

Any business, civic organization, church, or individual may form a five-person Team. We encourage you to form your own five-person Team. We encourage all local businesses and organizations to participate by forming their own Team / Teams with your employees, members and/or customers. If you are a business or organization who would like to invest in our community by sponsoring a TEAM, but don't have enough participants, let us know. Likewise, if you are an individual who would like to participate, but feel you would have difficulty with the costs involved in the competition, you may find a sponsor to pay some or all of the costs for you.

What if team members drop out?

- We don't encourage dropping out. You need all your team members to remain in the contest and to lose weight in order to have a better chance at winning.
- Team members can be replaced in some instances.
- Team members who have dropped out (and have not been replaced) may rejoin their team (with team approval, and as long as that teammate has not been replaced, and as long as their fines and fees are paid up).
- Team members may drop out, but the contestant's last paid-up weigh-in will be reflected in the team's final calculations.
- To drop out, you must give written notice by email to ashley@corechiropracticgroup.com
- Team members may drop out but their weight-loss percentages will be calculated into the team's totals. Again, it's advantageous to keep teammates on your team and losing weight.
- It is the responsibility of the team to pay all fines each week. All fines and weigh-in fees must be paid on/by the final weigh-in to be considered for prizing.
- There must be at least three original teammates still on the team through the last weigh-in to be considered for a team prize, but remember, to have a better chance at winning, you need a higher sum of weigh-loss which can be best achieved by five teammates.
- No refunds or transfers, for any reason (including medical, dental, funeral, job status, marriage, pregnancy, work scheduling, etc.).

Again, the purpose of the fees is to encourage all participants to stay in the contest and focused on the goal of weight loss. If a contestant drops out, it's basically \$10 owed per Saturday left in the contest. For example, if you miss the final five weigh-ins you would owe \$50.

All payments should be received by the final weigh-in. If in doubt about your account, email ashley@corechiropracticgroup.com well in advance of weigh-in day.

What are the benefits of the Forever Fit Program?

- Weight loss and regular exercise lead to better health.
- Team competition promotes camaraderie, encouragement, accountability, and motivation among team members and others.
- Healthier people have less medical expenses, which may decrease health insurance premiums.

- Weight loss leads to more energy, increased productivity, and higher self-esteem.

How do you win the contest?

- Cash grand prizes will be awarded to the winning teams (divided equally by teammates who complete the contest and who are paid up), based on the sum of individual teammates' weight-loss percentages (initial weigh-in to final weigh-in). It is therefore most beneficial to keep your teammates on your team and losing weight. We expect to offer cash to at least the top-10 placed teams for this grand prize.
- Cash grand prizes will also be awarded to the biggest individual losers, based on individual weight loss percentages (initial weigh-in to final weigh-in). We expect to offer cash prizes to the top-10 placed individuals for this individual grand prize.
- Grand prize awards will be given only to this teammates on a team who are still active and paid-up in the contest as of the final weigh-in. Any winning team's teammates who are not active and paid-up in the contest as of the final weigh-in date will forfeit his/her share of the grand prize money. Forfeited money will be donated to
- All team and individual winners will split the jackpot (amounts and percentages to be determined in the final weeks of the contest).
- It is possible to win one or more team prizes and an individual loser prize.
- Award amounts to be determined by the amount of fees collected into the jackpot over the course of the contest. The 2010 jackpot is expected to be approx_____.
- These rules and guidelines may be updated and/or changed, as necessary, by the Forever Fit Contest Organizers.

How do TEAMS register?

- Individuals will form a TEAM of 5 people. Any individual may join any TEAM. Those under 18 are welcome too-With parental permission. If you need help finding teammates, send an email to ashley@corechiropracticgroup.com

You may obtain registration forms from Core Chiropractic – Woodland.
The address is 1227 N. Goerig St. Suite H Woodland. Located in the Oak Tree Plaza.

If you have any questions, you may call Ashley @ (360)225-1200 or call Aaron Gillespie directly @ (360)910-8910.