

BIGGEST LOSER CONTEST RULES

8-WEEK PROGRAM

Beginning September 8, 2008 - Ending November 3, 2008

Rules for Participants:

1. Develop a group of 3 members (staff, students, faculty and any combination).
2. Select a captain and team name. E-mail Mrs. La Branch at tmlabran@xula.edu or call at 520-7315 for registration information. Previous contestants wishing to participate in the Fall 2008 Biggest Loser contest must weigh no more than 5 pounds of his/her March 10, 2008 weight.
3. Captains will be responsible for registering their team members, organizing members for weigh-ins, coaching and distributing health and fitness material.
4. Team members will weigh-in together each Monday..
5. The first weigh-in session is has been changed to Monday, September 15, 2008 and the final weigh-in session is November 10, 2008. Sessions will be held between 8:30 a.m. and 12:00 p.m. in the Counseling and Wellness Center, Bldg. #15, located between the two female residence halls, St. Joseph and St. Katharine Drexel.
6. A prize will be awarded to the team losing the largest percentage of weight. Each member will receive a \$50.00 gift certificate; members must all agree on a business of their choice. A \$75.00 gift certificate will be awarded to the individual losing the largest percentage of weight from any team.