

Henry County Biggest Loser Contest

10-Week Contest runs July 18, 2010 through September 27,
2010

Get your TEAM together (3 or more)
Choose an exercise and nutrition plan that suits you
\$20 Entry & \$5 Management Fees (non-refundable)

PRIZES

will be awarded at the Final Celebration

Jewish Physician Group will offer six weeks of nutritional classes
starting July 26, 2010 from 6-7 PM @ Henry Christian Church
(Childcare will be provided)

Registration will be held at Henry Christian Church, 136 Castle
Highway, Eminence, KY, 40019 (across from Harry Hill
ballpark). Registration fees payable at the initial Weigh-In. The
Jewish Physician Group will be conducting blood sugar and blood
pressure screenings at the initial weigh in on Sunday, July 18, and
Monday, July 19 2010

Henry Christian Church: Sunday (12:30-2:00 p.m.) or Monday (5:30-7:00 p.m.)

Questions? Call 502-845-4728
Monday-Thursday, 9:00 AM-2:00 PM

RULES

Henry County Biggest Loser Weight Loss Challenge

1. This is a 10-week weight loss contest running from Sunday, July 18, 2010 through the week of September 27, 2010.
2. Registration begins the 1st day of weigh-in. Late entries will be accepted. The contest will end on September 27, 2010 and the awards celebration will be on October 11, 2010.
3. Teams will consist of 3 or more people aged 18 and older. Each team must appoint a team captain. Team captains will be responsible for supporting and keeping their team on track. A prize will be rewarded to one or more team captain.
4. Contest participants must each pay a \$20 Entry Fee and weekly weight management fees of \$5 if weight is gained or if contestant fails to show for a weekly weigh-in. There is no fee charged if the contestant maintains the same weight or loses weight from the previous week. **All fees are non-refundable.**
5. The amount of the Grand Prize, final prizes and incentive prizes will be based on the funds generated by Entry Fees and the Weight Management Fees. Prize money will be paid out at the final Celebration. There will be a **\$10 cash reward** at the Final Celebration for each contestant meeting the following criteria:
 - All fees are paid
 - Weighs in on the final week
 - Attends the final Celebration
6. **The initial weigh-in will be at Henry Christian Church on Sunday, July 18, 2010 (12:30 – 2:00 pm) and Monday, July 19, 2010 (5:30 – 7:00 pm).** There will be 2 weigh-in days each week at 2 weigh-in sites: Henry Christian Church on Sundays (12:30 – 2:00 pm), Mondays (5:30 – 7:00 pm), and The Henry County Cooperative Extension Office on Mondays (9:00 – 11:00 am). Contestants are encouraged to weigh-in on a consistent day, but may weigh-in on either day of that week if they have a schedule conflict.
7. There will be no weigh-in on Week 7, September 5, 6 due to the Labor Day Holiday.
8. Contestants may use any weight loss or exercise plan they choose.
9. (Optional) Contestants may keep the “Small Steps Tracker Forms” each week. These forms encourages adopting some healthy lifestyles and recording your progress. Completed tracker forms must be turned in by the final weigh-in on September 27, 2010 for evaluation by an independent judge. There will be 2 winners selected. A \$50 gift certificate from HC Chamber of Commerce (to spend at local businesses) will be awarded to each winner. You must check with your team captain for the small steps packets. **(Prizes will be given at the Final Celebration).**
10. Contestants are encouraged to consult with their **Health Care Provider** before starting this contest to keep him/her advised of their plans and progress.
11. The organizers of this contest are Michelle Eckhart (Jewish Physician Group), Maryellen Garrison (Henry County Extension Office), Brenda Mason and Cheryl Tingle (Henry Christian Church). The organizers may participate in the weigh-ins but are ineligible for any cash prizes (Incentive or Grand Prize).
12. Henry County Biggest Loser Contest funds will be on deposit at the United Citizens Bank of New Castle, Kentucky.
13. Contestants will **hold harmless** Henry Christian Church, Henry County Cooperative Extension Office, Jewish Physician Group, or the contest organizers for *any and all liability*. The decision to participate in the Henry County Biggest Loser Contest is made **at your own risk**.