

# CASH FOR CHUNKERS



## Weight Loss Challenge RULES

1. BY AGREEING TO PARTICIPATE IN THIS PROGRAM YOU ARE CONFIRMING THAT YOU CONSULTED WITH YOUR HEALTH CARE PROFESSIONAL AND YOU UNDERSTAND THAT YOU ARE WILLINGLY MAKING SIGNIFICANT CHANGES TO YOUR DIETARY HABITS AND/OR YOUR PHYSICAL ACTIVITY ROUTINES DURING THIS PROGRAM.
2. Weigh-ins are confidential. Only the results of the top 10 weekly leaders and final winners of cash prizes will be released. Eligibility will be confirmed for all grand prize winners.
3. All participants will weigh-in **every Saturday morning for 12-weeks** at the new Burke-Ham Park (corner of Atlantic Ave. and Agnes Ave.) anytime between 7:00 a.m. to 11:00 a.m.
4. The Initial Weigh-In and Registration Event will be held on **Saturday, October 3, 2009** anytime between 7:00 a.m. to 11:00 a.m. (contest ends Dec. 19, 2009)
5. At the weigh-ins, staff will ask you to remove all heavy articles of clothing including shoes, jackets, heavy watches, belts, wallets, etc. before stepping on the scale.
6. **Please wear a T-shirt and shorts without your shoes for the weigh-ins.** You are required to wear a t-shirt/athletic top and shorts or light wind pants/sweats for the final weigh-in.
7. Healthy eating and exercise are encouraged.
8. Surgical weight loss is not allowed for this contest.
9. Drastic weight loss is highly discouraged.
10. Everyone must weigh-in weekly on Saturday or a \$2 fine will be added, per week, plus the current week's \$2 fee.
11. If a weigh-in is missed, the previous week's weight will be recorded for the missed week (zero weight loss for that week).
12. Weigh-ins may take place with or without your teammates.
13. **Weekly, average TEAM weight-loss percentages will be posted on the City's website and may appear in local media.**

### What if team members drop out?

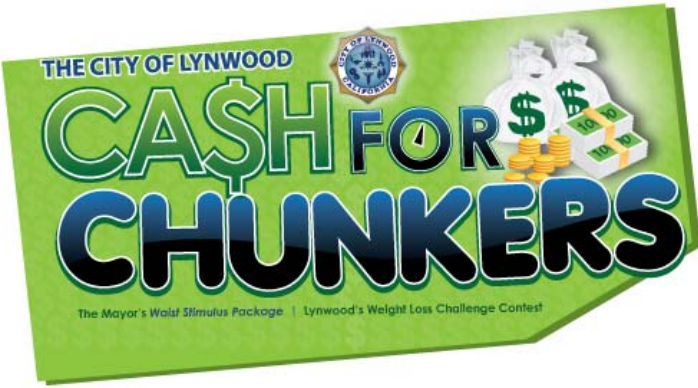
1. Keeping your team together for the whole contest gives you a better chance of winning.
2. Team members can be replaced in rare instances (Example: special medical circumstances).
3. Team members who have dropped out (and have not been replaced) may re-join their team when their fines and fees are paid to date.
4. To drop out, you must give written notice by e-mail to [recinfo@lynwood.ca.us](mailto:recinfo@lynwood.ca.us).
5. All fines and weigh-in fees must be paid on/by the final weigh-in to be considered for prizes.
6. There must be at least three original teammates still on the team through the last weigh-in to be considered for a team prize.
7. No refunds.

### How do you win the contest?

1. For the grand prizes, we will present the winning team with \$4,000 and the overall biggest individual loser with \$1,000. **Cash grand prize will be awarded to the winning team (divided equally by teammates), based on the sum of the individual teammates' weight-loss percentages** (initial weigh-in to final weigh-in).
2. It is possible to win the team prize and the individual prize.
3. These rules and guidelines may be updated and/or changed, as necessary, by the City of Lynwood at anytime.
4. **Contestants must be either:** (A) a Lynwood resident, (B) employed in Lynwood or (C) the spouse of someone that is A or B.



# \$4,000 Top Prize



**Weigh-ins held:**

- Saturdays 7:00 a.m. to 11:00 a.m.
- Burke-Ham Park (Atlantic Ave @ Agnes St.)

**Fees:**

- Option A - \$24.00 upfront & NO weekly weigh-in fee
- Option B - \$8.00 upfront PLUS \$2.00 weekly weigh-in fee
- **EVERYONE** - \$1.00 fine for every pound gained

<b>TEAM NAME</b> (be creative!)						
<b>TEAM CAPTAIN</b>		First		Last		
Lynwood Home Address (or Lynwood Employer Name and Address for non-residents)						
<b>PHONE</b>					<b>AGE</b>	
<b>EMAIL #1</b>			<b>EMAIL #2</b>			
<b>T-Shirts (Men's Sizes) \$7.00 (\$10 XXL+)</b>			<b>#S</b>	<b>#M</b>	<b>#L</b>	<b>#XL</b>
<b>TEAMMATE NAMES</b>			<b>#XXL</b>	<b>#XXXL</b>		
<b>#2 NAME:</b>			<b>Circle One:</b>			<b>Age</b>
<b>#3 NAME:</b>			Resident <u>or</u> Works in Lynwood			
<b>#4 NAME:</b>			Resident <u>or</u> Works in Lynwood			

By signing this, you indicate that you have read, understand and agree with the rules of the City of Lynwood Weight-Loss Challenge (the "Challenge") program and you are at least 18 years of age. You also acknowledge that you understand that if you have any physical limitations and/or medical conditions that would limit participation, you are advised to seek the advice and counsel of your physician prior to participation. You also acknowledge that any and all exercise activities are performed at your own risk and if at any time you feel that any activity or direction is not suited for your abilities, you will refrain from that activity or direction. **As consideration for being allowed to participate in the Challenge, you, by your signature below, on behalf of yourself, your heirs and assigns, do hereby waive, release, and forever discharge the City of Lynwood, its representatives, officials, agents, and employees, as well as any administrator, and/or presenter connected with the Challenge, from any claim for personal injury, including bodily injury, death, or other damages resulting from your participation in the Challenge.** You also acknowledge that you are participating of your own free will and understand that moderate lifestyle activities are the best answer for long-term sustainable good health.

**Assumption of Risk:** You acknowledge that you should contact your personal physician about potential health risks associated with participation in the City of Lynwood Weight Loss Challenge and that you should receive physician approval prior to participating in the Challenge. You are assuming the risk for any medical problems including illness or injury that may develop or worsen as a result of participation in this event and waive and release all the parties listed above from any liability therefore.

Captain: \_\_\_\_\_ Date: \_\_\_\_\_  
 Teammate #2: \_\_\_\_\_ Date: \_\_\_\_\_  
 Teammate #3: \_\_\_\_\_ Date: \_\_\_\_\_  
 Teammate #4: \_\_\_\_\_ Date: \_\_\_\_\_



The Mayor's Waist Stimulus Package | Lynwood's Weight Loss Challenge Contest

# Starts Oct. 3rd!

