



J.R. Holder Wellness Center
BIGGEST LOSER
RANGER EDITION

- The Biggest Loser Ranger Edition is a 10 week fitness challenge that begins Tuesday, January 19th, 2010 and ends Tuesday, March 30th, 2010.
- A sign-up sheet will be available at the Wellness Center front desk Monday, January 4th, 2010. To sign-up participants must have a team consisting of 4 members. You may sign-up as an individual and we will pair you up with a team. A total of 10 teams will be allowed for the challenge. (40 individuals total)
- The cut-off date to have teams signed up will be Thursday, January 14th.
- Each team of 4 individuals (may be all male, all female, or coed) will designate a team captain. The team captain will be in charge of: making sure all members fill out the required paper work; coming up with a team name; collecting money; making sure each member of his/her team is earning points; and relaying any information that comes up during the contest. Also as the team captain, you are responsible for being your team's motivator!
- The cost of participation is \$25.00 for each individual participating; a \$100.00 total for the team.
- Each team member will receive a t-shirt with the Biggest Loser Ranger Edition emblem/logo.
- There will be three biggest loser winners: the *individual* participant who loses the highest percent of their initial body weight, the *individual* who loses the most inches, and the *team* that calculates the most points earned.
- Points will be based on bimonthly weigh-ins, 60 minute, 45 minute, or 30 minute workouts, weekly food logs, attending group exercise classes, participating in contests and challenges, filling out and returning all activity sheets and quizzes, attending lunch and learn sessions or evening learning sessions, noon walking club, and having personal training sessions with one of our trainers. (Each activity will have a point system)
- A kickoff party will be held Monday January 18th at 5:30 p.m. During the party each participant will receive a bag filled with their t-shirt and information concerning the challenge (important dates, contest/challenges, lunch and evening learning sessions, noon walking club, and bimonthly weigh-ins, daily food logs, activity sheets, information/tips on healthy eating, snacks, cooking, eating out, diet and fitness tips, stretching ideas, etc.) An initial weigh-in and measurements will take place during the party, and a before/after picture will be taken if the participant is interested.