

Fitness Challenge Rules and Regulations

General Rules:

1. Final weigh-in is April 9th and 10th, 2012; this is 10 weeks from the challenge start date.
2. Winners will be announced within 7 working days from the final weigh in date.
3. Winners will be determined by the calculation:

$$\text{SCORE} = \frac{(\text{Initial Weight} - \text{Final Weight})}{\text{Initial Weight}} = \text{Total percent of Body Weight lost}$$

Waist measurements will be used in the event of a tie breaker.

4. Team members who do not weigh in on the final date of the competition will have their original weight factored into their team's total weight.
5. Participants must be at least 18 years of age, an active State of Idaho employee, spouse/significant other, or retiree. Challenge winners must be active State of Idaho employees.
6. Participants must lose weight in a healthy manner through nutritious eating and exercise.
7. Participants may not use steroids, enhancement drugs, or medications unless prescribed by a doctor to treat an existing condition. Participants who have had weight loss surgery in the past 24 months are **not** eligible to win. Participants who seek to lose weight via plastic surgery will not be eligible to win. Participants who are pregnant or become pregnant during the competition are **not** eligible to win.
8. All individual weights, BPs, and measurement information will remain confidential and the property of Saint Alphonsus. Winners may grant permission to Saint Alphonsus or Health Matters to share their results or they may voluntarily share their results with others.
9. **Each participant is fully responsible for any injury, harm, or loss while participating in the 10 week fitness challenge.**

Participant Requirements:

1. Completion of the weigh-in process and reading and agreeing to all the rules and regulations.
2. Participants must do the following: body weight measured on the official scales, blood pressure taken, and waist measured all within 5 days of the start and finish dates of the challenge.
3. Failure to participate in the contest requirements may result in disqualification.
4. **It is highly recommended that participants consult with a physician or health care provider before starting any fitness program. Saint Alphonsus, Blue Cross of Idaho, and Health Matters, State of Idaho, cannot be held liable for any harm, injury, or unknown pre-existing conditions that present during the 10 week fitness challenge.**
5. **Being aware of the risks, I hold Saint Alphonsus and Blue Cross of Idaho and sponsoring employer, their parent companies, subsidiaries, directors, officers, employees and agents blameless for any accident or injury that befall me and I release them from any and all claims and liability arising out of or in any manner connected with my participation in the challenge.**

Print Name: _____

Agency: _____

Signature: _____

Date: _____