



Saint Alphonse

ADVANCED HEALING BEGINS HERE

Fitness Challenge Rules and Regulations

General Rules:

1. Final weigh in is 10 weeks from the start date: April 13, 2010
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 winners: 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. You must be at least 18 years of age to enter, a State of Idaho employee, spouse/significant other, or retiree.
6. Participants must lose weight in a healthy manner through nutritious eating and exercise.
7. Participants may not use any 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 Alphonse. Winners may grant permission to Saint Alphonse or Health Matters to share their results or they may voluntarily share their results with others.
9. **Each contestant 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. Contestants must do the following: body weight measured, blood pressure, waist measurement 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 to consult with a physician or health care provider before starting any fitness program. Saint Alphonse 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 Alphonse 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: _____