



# **The Lake County Wellness Program presents**



## **2010 Weight Loss Challenge**

**January 12, 2010 – April 6, 2010**

**This weight loss challenge will be based on the greatest percentage of weight loss. All Lake County UnitedHealthcare employees may participate. The top individual or team consisting of 4-8 people will win monthly and grand prize awards.**

**Now, enjoy the heck out of your holidays!**

**Then, form your teams and prepare for the challenge to become Lake County's "2010" Biggest Loser!**

**Please see attached rules!**

**THE LAKE COUNTY WELLNESS 2010 BIGGEST LOSER WEIGHT LOSS  
CHALLENGE RULES**

1. Employees may participate as an individual or as a team, consisting of 4-8 members for the duration of the challenge. *Teamwork encourages accountability and commitment.*
2. Teams and individual participants must register with Jackie Via, Wellness Coordinator at ext. 2748 by **Thursday, December 31, 2009**. Each team will provide a team name and captain. *Please use creativity and discretion when considering your team's name.*
3. The initial weigh-in will be conducted on **Tuesday, January 12, 2010**. Weigh-ins will be conducted at various locations. (To be determined)  
Monthly weigh-ins will be held on the following dates:  
Tuesday, January 12, 2010  
Tuesday, February 9, 2010  
Tuesday, March 9, 2010  
Tuesday, April 6, 2010 - **(Final Weigh-in)**
4. Weigh-ins will be conducted in similar attire, without shoes each time to assure accuracy. Participants must attend all (4) weigh-ins to qualify for prizes.
5. Individual and team weight loss percentages will be announced.
6. Prizes will be awarded to the top male and female individual and to the top team members for highest percentage of weight loss for monthly weigh-ins.
7. A grand prize in the amount of \$100 will be awarded to the top male and female that has the highest percentage of weight loss at the end of the program. And, grand prize gift cards in the amount of \$20 will be awarded to each individual of the top team that has the highest percentage of weight loss at the end of the program.
8. Each participant must complete a 2010 Biggest Loser Weight Loss Challenge waiver and release form.
9. Lake County reserves the right to make rule/contest changes without notice at any time and reserve the right to change aforementioned contest dates without notice.