



The Lake County Wellness Program presents



2011 Weight Loss Challenge

January 4, 2011 – April 5, 2011

This weight loss challenge will be based on the greatest percentage of weight loss. All Lake County UnitedHealthcare employees may participate. The top male, top female and top team will win monthly and grand prize awards.

Now, form your teams and prepare for the challenge of becoming Lake County's "2011" Biggest Loser!

Please see attached rules!

**THE LAKE COUNTY WELLNESS 2011 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 **Monday, December 27, 2010**. 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 4, 2011**. Weigh-ins will be conducted at various locations. (To be determined)
Monthly weigh-ins will be held on the following dates:
Tuesday, January 4, 2011
Tuesday, February 1, 2011
Tuesday, March 1, 2011
Tuesday, April 5, 2011 - **(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, top female, and to the top team with the highest percentage of weight loss for monthly weigh-ins.
7. A gift card in the amount of \$100 will be awarded to the top male and top female that has the highest percentage of weight loss at the end of the program.
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 2011 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.