

The Lake County Wellness Program presents



2009 Weight Loss Challenge

January 13, 2009 – May 5, 2009

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 bi-weekly 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 "First" Biggest Loser!

Please read the attached rules!

THE LAKE COUNTY WELLNESS 2009 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 **Friday, January 9, 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 13, 2009** from 9 am – 3 pm on the 4th Floor Commissioners Office. Bi-weekly weigh-ins will be held on the following dates from 9 am – 3 pm, 4th Floor Commissioners Office:
Tuesday, January 27, 2009
Tuesday, February 10, 2009
Tuesday, February 24, 2009
Tuesday, March 10, 2009
Tuesday, March 24, 2009
Tuesday, April 7, 2009
Tuesday, April 21, 2009
Tuesday, May 5, 2009 - **(Final Weigh-in)**
4. Weigh-ins will be conducted in similar attire, without shoes each time to assure accuracy. Participants may not miss more than (2) bi-weekly weigh-ins to qualify for prizes. No Individual or team may win more than (2) bi-weekly prize awards.
5. Individual or team weights will not be announced. Only, net weight loss/gain percentages will be posted.
6. There will be prizes awarded to the top individual or to the top team members for highest percentage of weight loss for bi-weekly weigh-ins.
7. A grand prize in the amount of \$100 will be awarded to the top male and to the top female that has the highest percentage of weight loss at the end of the program. 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 will complete a 2009 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.