

LOSING IT WITH LEO

Program Rules

- Entry fee is \$10.00. Make checks payable to King's College
- Program is 12 weeks. August 22nd– November 11th.
- The percentage of weight loss will be determined each week.
- Overall Winners will be determined by whoever has the greatest percentage of weight loss over the 12-week period.
- Must weight in at the Student Center Each week during allotted time slots:
-Monday 9am-12pm, Tuesday 1pm-4pm, Thursday 9am-12pm, Friday 2pm-4pm
- You are allotted one week you can miss a weigh-in. Your weight from the previous week will be entered.
- Results will be put out on a weekly basis via e-mail and/or SharePoint to the participants of the program only.
- Your actual weight will not be disclosed to anyone other than Student Health.

Prizes

- 1st Place– Up to a max of \$250.00 reduction over 12 months in health insurance premiums.
- 2nd Place- \$50 dollar gift certificate.
- Special prize to anyone who loses 10% of more of your body weight.
- * Other various prizes throughout program



Release & Medical Consent: I agree to the above names person's participation in King's College's Health and Wellness Programs, and waive, discharge, and forever hold harmless King's College, its officers, directors, employees and all other liabilities, claims, cause, damages or demands resulting from participation in usage of equipment, or participation in classes. In event of an emergency, I authorize that medical attention be administered to the participant names above. I also authorize King's College to photograph me and acknowledge that all photographs become the property of King's College and will be used exclusively for the program efforts of King's College.

King's College recommends that you check with your physician before beginning any workout program

Print Name _____

Signature _____

Date _____

Phone/ Emergency Phone _____