



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

t: 604-341-1509 e: info@fitnesswithpj.com w:

www.fitnesswithpj.com

weight loss challenge

Okay, you can win some (money, that is) and you lose some (pounds, that is) if you are part of this contest. My goal is to promote healthier lifestyles, prevent illness and better manage chronic diseases in the Delta area with this contest that focuses on weight control and camaraderie. Do you want to be fit? You've got nothing to lose, but a few pounds. So, put your money where your mouth is, and let's take it off! –PJ Wren

What is the Weight Loss Challenge?

1. A 6-week weight-loss competition organized by PJ Wren and Fitness with PJ.
2. Registration is \$30 a participant.
3. The challenge will begin with a weigh-in on Sun., April 25, 2010 and will end with a final weigh-in on Sun., June 6, 2010.
4. Individuals will compete to lose the **highest percentage of weight** - not necessarily the amount of weight - during the competition. (*i.e. starting weight of 220 lbs. and ending weight of 200 lbs. would be a loss of 9% body weight*)
5. Cash prizes (based on number of participants, minus the cost of running the event) will be disbursed to the top 3 individuals at the end of the 6 weeks.

How does it work?

1. Each individual must weigh in on Sunday, April 25 between 12:00pm and 5:00pm at PJ Wren's home in Tsawwassen (5446 13B Ave), and again on Sunday, June 6 between 12:00pm-5:00pm.
2. Registration monies (\$30) must be made to PJ Wren at least 1 week prior to the first weigh in.
3. Cash prizes are distributed at the end of the competition to the top three individuals. (Minus the costs associated of running the event.)

Why will it be successful?

1. Competition motivates participants to stay focused.
2. Cash prizes motivate participants to remain competitive throughout the 6-week program.
3. Each individual chooses their own personal diet and exercise program.

Who can join the contest?

1. Any individual may join after the \$30 registration is paid.
2. Anyone who wants to lose weight may participate - youth and adults.

What are the benefits of PJ's Weight Loss Challenge program?

1. Weight loss and regular exercise lead to better health.
2. Competition promotes camaraderie, encouragement, accountability and motivation among the participants.
3. Healthier people have less medical expenses.
4. Weight loss leads to more energy, increased productivity and higher self-esteem.

How do I register?

1. Any individual may join. Those under age 18 are welcome, too, with parental permission.
2. Individuals DO NOT have to live in the Delta area, nor do they have to be a one-on-one client of PJ Wren or Fitness with PJ.
3. E-mail your intent to info@fitnesswithpj.com.

What I Want Is Within Me

4. Participants must attend the initial weigh-in on Sunday, April 25 (between 12pm. and 5:00pm at PJ Wren's home in Tsawwassen (5446 13B Ave).
5. We will add your email address to our database, and all correspondence will be via email.

What are the rules?

1. ALWAYS CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR DIETARY HABITS OR YOUR PHYSICAL ACTIVITY ROUTINES.
2. **Weigh-ins are private and confidential.** We will only publicly share the percentages of weight loss of the individual.
3. Registration is \$30 per participant.
4. All participants will weigh in Sunday, April 25 between 12pm and again on Sunday, June 6 between 12pm-5pm. There are no alternative weigh-in locations, days or times during the contest.
5. No disrobing or loading up allowed during weigh-ins. Remove heavy watches, belts, wallets, etc. before stepping on the scale.
6. **T-shirts and shorts are recommended for weigh-ins. We suggest no shoes.** You are required to weigh in at the final weigh-in wearing basically what you wore to the initial weigh-in. We have made notations like "with shoes" or "with jeans" in our notes. (For example, if you weighed in with shoes at the initial weigh-in, you must weigh in with shoes on the final weigh-in.)
7. No measurements will be taken.
8. Healthy eating and exercise are encouraged.
9. No weight-loss surgeries during the 6-week contest.
10. Drastic weight loss (over 5 lbs./week) is discouraged.
11. No sabotaging other individuals.
12. **400-LB. SCALE:** We use a digital bathroom-type scale. Our scale max. is 400 lbs. Alternate weigh-in location can be provided for anyone over 400 lbs. Simply contact info@fitnesswithpj.com in advance.
13. We will add your email address to our distribution list and stay in touch with you about this contest via email.
14. We can NOT adjust a woman's weight if she is in her monthly cycle.
15. Any account conflicts regarding weight or payment should be made immediately to info@fitnesswithpj.com.

Drop Out Info

1. We do not encourage dropping out.
2. To drop out, you must give written notice via e-mail to info@fitnesswithpj.com.
3. No refunds, or transfers, will be given for any reason (including medical, death, funeral, marriage, job status, pregnancy, work scheduling, etc.).
4. The purpose of the fee is to encourage all participants to stay in the contest and focused on the goal of weight loss.

How to Win?

1. **Cash prizes will be awarded to the winning individuals (1st, 2nd, 3rd) the week of June 7th and will be contacted via phone & email.**
2. Forfeited money will be donated to the Delta Hospice Society.
3. Award amounts to be determined by the amount of fees collected into the jackpot over the course of the contest, minus the cost of running the event.
4. Maximum winnings for 1st prize is \$800, 2nd prize \$500 and 3rd prize \$400
5. 75 participants is the maximum and the minimum number of players is 25.
6. These rules and guidelines may be updated and/or changed, as necessary, by PJ Wren and Fitness with PJ.