



Waist Management Healthy Lifestyle Competition

Participant Guidelines

Must have a BMI (Body Mass Index) over 25 to participate. BMI will be calculated at initial weigh-in.

Must be at least 18 years of age by January 31, 2012 to participate.

Must live, work, or attend school in Carroll, Owen, Gallatin, or Pendleton County to participate.

All participants will receive weekly tips and challenges to help them turn their weight loss efforts into a lifestyle for long term success.

All participants are required to fill out a registration form and pay an entry fee of \$20. Entry fees will be used for prize money for competition winners.

The person who completes the most weekly challenges wins 20% of total prize money.*

Remaining prize money will be split among one male and one female winner.

Winners will be decided based on overall percentage of weight lost.

Participants must weigh in at their local health center every Tuesday from 8:00 am—6:00 pm
(closed from noon-1 pm)

**A place of employment may choose to be a designated location for their employees.

Shoes must be removed for each weigh-in.

Participants are required to weigh in at their designated location at least 9 of 12 weigh-ins to qualify for the grand prize.

Participants will be emailed charts indicating competition standings each week.

Registration forms can be picked up at a local health center, UK Cooperative Extension Service Office, or at www.trdhd.com.

*If no one completes at least half of weekly challenges, this 20% will be added to the total prize winnings. If there is a tie for this prize, it will be split among all winners.

Three Rivers District Health Department