

# THINNER WINNER CONTEST RULES

- Each team must have 4 people and at least one must be a non member of Woodland Fitness Center.
- Registration will be closed as soon as 12 teams have registered. Registration is on a first come first serve basis. To secure your registration each team member must have their paperwork filled out and payment dropped off to the front desk. We will not be holding spots.
- You must be at the THINNER WINNER KICKOFF January 4th 2015, at 3:00pm to have team pictures taken and record your first team weigh-in. This is required to remain eligible for the \$1,000 cash grand prize.
- The "team" of 4 people to lose the greatest percentage of their starting team body fat will split a grand prize of \$1,000.
- Individual Body Fat will be measured by using the Bioelectrical Impedance Method.
- Each team must NAME THEIR TEAM (be creative!) and are encouraged to support and assist one another to reach their team fitness goals throughout the contest.
- No refunds will be issued after the registration fee is paid.
- All contestants must use their key to log into the security system upon each visit.
- Grand Prize Winners will be announced at the Thinner Winner Grand Finale Weigh-In on Sunday March 1st. All team members must complete their weigh-In by 3pm on March 1st to be eligible for the Grand Prize of \$1,000.
- Contestants are encouraged to complete a minimum of 4 workouts weekly during the contest. A combination of strength training with a Woodland Fitness Center Personal Trainer, cardiovascular exercise, group fitness classes, and sound dietary changes are recommended to achieve maximum results.
- Woodland Fitness Center does NOT endorse or encourage any fasts, liquid diets, or starvation diets to achieve weight loss results. Contestants are encouraged to change bad nutritional habits, but not to attempt any extreme measures that can ultimately harm the body.
- If contestants are interested in hiring a personal trainer to assist them personally with weight loss, nutritional needs or to create a designer workout apart from their team, it is acceptable and encouraged.
- No Membership Required. You do not need to be a client or member to participate. You will have 24/7 access to the gym when you register for the contest until the last day of the contest.

## REGISTRATION PACKAGE

	<u>Members</u>	<u>Non-Members</u>
	<b>\$49.00</b>	<b>\$99.00</b>
Includes:	<ul style="list-style-type: none"><li>✓ Kickoff</li><li>✓ Grand Finale Party</li><li>✓ T-Shirt</li><li>✓ Weekly Coaching from one of WFC's World Class Trainers</li><li>✓ Unlimited access to ALL Classes</li><li>✓ Weigh-ins Weekly with Bio-Impedance fat measuring scales</li><li>✓ Team Pictures</li></ul>	

## A Chance For Your Team to Win \$1,000

I agree to these rules and understand that I must follow them completely to be eligible for the grand prize:

\_\_\_\_\_  
(Contestant Signature)

Date\_\_\_\_\_



WOODLANDFITNESS.COM

950 Tamarac Parkway

719-686-8800

## THINNER WINNER REGISTRATION FORM

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_

\_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

Home Phone: \_\_\_\_\_ Shirt Size: S, M, L, XL, XXL, XXXL

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Office use only.

Member ☐ Non-Member ☐

TEAM NAME: \_\_\_\_\_

Names of Members on your team: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you are currently using a personal trainer at Woodland Fitness please list their name

\_\_\_\_\_

*The following information is required to assess your physical fitness level and to establish your exercise recommendations.*

Please rate your fitness level: Your fitness level \_\_\_\_\_

1=sedentary, 2=day-to-day activities, 3=workout 1-3 x/week, 4=avid athlete

Please note any surgeries or injuries (past or present) and their dates.

Foot	Left_____	Right_____	Back_____
Ankle	Left_____	Right_____	Chest_____
Knee	Left_____	Right_____	Torso_____
Hip	Left_____	Right_____	Other_____
Shoulder	Left_____	Right_____	
Elbow	Left_____	Right_____	
Wrist	Left_____	Right_____	
Hand	Left_____	Right_____	
Neck	Left_____	Right_____	



## LIABILITY WAIVER for WOODLAND FITNESS CENTER "Thinner Winner Contest"

The undersigned recognizes that this contest, "Thinner Winner" involves an inherent risk. The undersigned hereby agrees to assume the risk of injury and death in its entirety regardless of cause. Woodland Fitness Center, its employees, and any contractors shall not be liable for injuries or damages to the undersigned, or the property of the undersigned, or be subject to any claim, demands, injuries, actions, causes of action, or even death.

Furthermore, the undersigned, shall not hold Woodland Fitness Center or any of its employees or contractors liable for any injury or death that results from active or passive negligence on the part of Woodland Fitness Center, and employees or contractors.

It is also specifically agreed that Woodland Fitness Center, and all employees and contractors shall not be responsible or liable to the undersigned for articles lost or stolen in connection with Woodland Fitness Center, or its employees or contractors of Woodland Fitness Center.

It is hereby recognized that you are willingly and voluntarily signing up to participate in this contest, the Thinner Winner. We highly encourage all participants to have a medical check-up and clearance before engaging in any & all physical participation associated with this contest or any service at Woodland Fitness Center. By signing this document below, you are agreeing to assume all risk in its entirety, including injury or death.

If you decide to use any of Woodland Fitness Center's services as part of this contest or you decide to work out on your own during this contest, you are agreeing to all of the aforementioned liabilities, risks, and dangers. You are agreeing to assume the risk of injury and death in its entirety regardless of the cause, and that you will not hold Woodland Fitness Center, and any & all contractors and employees of Woodland Fitness Center liable for injuries or death that could result from your physical activity, whether due from any of our services or not.

You are instructed to STOP exercising at any time your body is experiencing any symptoms of dizziness, nausea, fainting, excess sweating, if you feel cold, clammy, weak, or anything relating to not feeling in control of your body. The undersigned recognizes they are in CONTROL of their body and any and all decisions they make in choosing what exercises, classes, programs, supplements to do or not to do. Once again, the undersigned is waiving all liability that could result in injury or death. You are encouraged to stop exercise and withdraw from this competition if your body experiences the above conditions.

If you withdraw from the competition for any reason, there are no refunds on any moneys paid towards the competition. Once you are committed to the competition, you are waiving the right for any refund due to any and all reasons that surround the competition, Woodland Fitness Center or any of its employees or contractors.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**WOODLAND FITNESS CENTER  
2015 THINNER WINNER  
CONTESTANT HANDOUT FOR BODY COMPOSITION TESTING**

**Preparation for the test:**

- Do not exercise within 1-1/2 to 2 hours of your scheduled testing time as this can affect the outcome of the bioelectrical impedance test.

**Dress for the test:**

- Come dressed in gym shorts and a short-sleeve t-shirt. If you would like to wear gym pants over your shorts you may do so, but you will need to slip them off for the actual weigh-in.

**Explanation of the test:**

- Body composition refers to the quality or makeup of your total body mass, which is divided into lean body mass (composed primarily of bone, muscle and internal organs) and fat mass (composed primarily of adipose tissue). The assessment of body composition determines the relative percentage of fat mass to lean body mass.
- The body composition testing procedure used in this test will be done using the Bioelectrical Impedance Method. The Full Body Sensor Body Composition Monitor and Scale estimates the body fat percentage by the Bioelectrical Impedance Method. Muscles, blood, bones and body tissues with high water content conduct electricity easily. On the other hand, body fat does not store much water, therefore has little electric conductivity. The information that will be used in this test will be gender, age, height and weight.
- The information that these Scales will estimate is Body Mass Index, Body Fat Percent, Visceral Fat and Skeletal Muscle Percent.
- Height will be measured without shoes on as part of the information used in the contest.
- If you will have a birthday during the 8 week contest the age that you will be turning will be the age that is used at your initial weigh-in.

**I understand the method that will be used to determine my percent of body fat and I agree to use it for the contest purposes.**

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contestant signature

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date