

THINNER WINNER CONTEST RULES

- Each team must have 4 people and at least one must be a non member of Woodland Fitness Center.
- Registration Form and payment must be dropped off at Woddland Fitness Center by January 9th 2014.
- You must be at the THINNER WINNER KICKOFF January 11th 2014, at 3:00pm to receive information on what to expect from this contest, have team pictures taken and record your first team weigh-in. If you will be out of town, you must notify our staff (719-686-8800) of your absence in advance 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 caliper 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.
- A minimum of 5 "teams" must participate in order to run the contest. A full refund will be given to each participant if the minimum requirements are not met.
- No refunds will be issued after the registration fee is paid, with the exception of not meeting contest requirements (5 total "teams").
- 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 9th at 3 pm at Woodland Fitness Center. All team members must weigh-In by 3pm on March 9th to be elligible for the Grand Prize of \$1,000.
- Contestants are recommended to complete a minimum of 4 workouts weekly during the contest. A combination of strength training with a Wodland 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 exceptable and encouraged.
- No Membership Required. You do not need to be a client or member to participate.

REGISTRATION PACKAGE

Members
\$49.00

Non-Members
\$99.00

- Includes:
- ✓ Kickoff
 - ✓ Grand Finale Party
 - ✓ T-Shirt
 - ✓ Weekly Coaching from one of WFC's World Class Trainers
 - ✓ Unlimited access to ALL Classes
 - ✓ Weigh-ins Weekly with Bio-Impedance fat measuring scales
 - ✓ Before/After pictures



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



WOODLANDFITNESS.COM

950 Tamarac Parkway

719-686-8800

THINNER WINNER REGISTRATION FORM

Name: _____

Today's Date: _____

Address: _____ Birthdate: _____

_____ Age: _____ Sex: 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: _____

How did you hear about the competition?

The following information is required to assess your physical fitness level and to establish your exercise recommendations. Your health questionnaire is confidential and will not be released to anyone other than yourself.

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 _____

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 by 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 services.

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: _____