



We Are Navajo County

Introduction to Weight Loss Winner Challenge

Weight Loss Winner is a program designed to encourage healthy, long-term sustainable weight loss through a combination of nutritious and well-portioned meals as well as regular heart-healthy exercise.

As a participant, you will be competing against yourself and your co-workers to see who can lose the highest percentage of weight. At the end of 10 weeks, the individual who lost the highest percentage of weight will be named the Weight Loss Winner (Female & Male).

In this competition, weight will be tracked weekly and updates will be given throughout. The top Weight Loss Winner during the 10-week program will win the Grand Cash Prize (amount to be determined based of participation fees). In addition, a weekly drawing for a \$10.00 gift card will be held for all that participated that week.

Dates and Times

Weight Loss Winner will be 10-weeks long.

In order to compete, you must have your waiver submitted by January 20, 2015. This waiver is located on the last page of this document. Please detach and return it with \$20.00 cash.

We will begin with the initial wellness check-ins on January 20, 2015. The final wellness check-in will occur on March 23, 2015.

Wellness Check-ins

After the initial check in on Tuesday, January 20th, participants must check in every Monday. All information will be collected confidentially and used solely for the Weight Loss Winner competition. Only your name will be shared with co-workers and fellow competitors for recognition in reaching your goals each week. For individuals doing a weight loss program, it is recommended you wear clothing and shoes of similar weights each week in order to accurately record your difference in weight.

Prizes

A Grand Prize will be awarded to the individual (female & male) who loses the largest percentage of weight loss during this program.

Potential prizes include:

Cash Prizes! (Each participant will pay \$20 which will go to a final cash prize)
Gift Cards – a weekly random drawing for all that participated that week and weighed in :)
Also connect with us on Yammer: Group name **PUSH**



Setting Healthy Weight Loss Goals

Not only can losing excess weight improve your self-esteem, it also improves your body and makes you less susceptible to developing a chronic disease or illness.

Losing unwanted weight, eliminating bad habits and improving heart health are the goals, but how can you do it efficiently and safely?

Don't skip meals or deprive yourself of food. A huge part of creating a healthier lifestyle includes making good food decisions (not simply eating less!). For more help on making smart food choices, visit:

www.nutrition.gov/weight-management/strategies-success/interested-losing-weight.

According to the Centers for Disease Control, you should try to lose about 1-2 pounds per week. You may lose more at first, but don't become discouraged if weight loss slows as weeks go on. For more information visit:

www.cdc.gov/healthyweight/losing_weight/index.html.

Focus on long-term success. Shedding the extra weight and keeping it off is far more impressive than large, temporary weight loss. For help on setting healthy goals visit: www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/behavior.htm.

Make sure to record your weight regularly. Utilizing a personal Weight Loss chart as well as a food journal and recording the type and duration of exercise will help you monitor your progress. There are numerous mobile Apps that can help digitally monitor all of your fitness goals. Through determination, willpower and hard work YOU can be the Weight Loss Winner!

Good luck!

WAIVER AND RELEASE

Participation in this Weight Loss program is voluntary. I elect to participate in this Weight Loss program at my own risk and on my own time. This activity is not work-related or work-required.

I understand that this weight challenge and its accompanying activities may result in injuries to the participants. I believe that I am in good health to safely participate in this program. If I am a minor, an expectant or breastfeeding mother, an individual over 35 years of age or if I have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease or any other illness, disease, health problem, medical condition or metabolic disorder requiring special dietary needs, I have been advised to consult with my primary health care provider for a professional opinion before enrolling in the program.

Any changes in my diet, including the use of food supplements, weight loss or activity level, are entirely my responsibility.

I agree to waive and release, indemnify, and hold harmless Navajo County and each and all of its agents who provide any such information concerning me from, against, and with respect to any and all claims, losses, expenses, damages, liabilities and judgments of any and every kind or nature whatsoever that arise, or are alleged to have arisen, from, out of, with respect to, or in connection with the provision of any such information about me that relates to this Competition, or information regarding my health which is provided during this Competition.

I have carefully read this waiver and release, and I fully understand that it is a release of liability. I expressly agree to release and discharge and the authors of this program from any and all claims or causes of action. I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action against my employer or the authors of this program for personal injury resulting from my participation to this program.

To the extent that a waiver and release of negligence is also allowed in this state, this waiver and release is also a waiver and release of negligence. If any portion of this waiver and release is deemed to be invalid by a court of competent jurisdiction, the remainder of the waiver and release from liability shall remain in full force and in effect.

Printed Name _____

Signature: _____ Date: _____