# No Weight Gain Contest 2015-16

Submit by Email

Print Form

or fax to 724-8150

**This holiday challenge begins Monday, November 16th and ends Friday, January 15th.**

**Sign up by November 20th to receive a special gift.**

**EIN:** _____ **Name:** _____

**Weigh-in Date:** _____

**Weigh-in Location:** ☐ At Home ☐ At Work (Please indicate location below): _____

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**Most Americans gain an average of 1-3 pounds during the holidays. While this may not seem like a lot, these "bonus" pounds can add up over time. This self-directed holiday program can help you stay focused on eating healthy and fitting in exercise — so you can keep off those extra pounds.**

Earn Healthy Lifestyle Activity Points (HLAP's) based on your success:

| HLAP Guidelines | HLAP's |
|---|---|
| **Weigh-in, weigh-out and maintain weight** **(within 2 pounds of initial body weight)** | 20 |
| **Lose between 2% and 4.9% of initial body weight** | 25 |
| **Lose 5% or greater of initial body weight** | 30 |

## A note on beginning any weight loss activity:

Weight loss or maintenance should be the result of healthier eating and exercise habits. Please, no diet pills (herbal or prescription appetite suppressants, metabolism enhancers, etc.), laxatives, colonics, or water pills (diuretics) unless prescribed for a medical condition such as high blood pressure, etc. We are on the honor system. If you choose to join the program, please participate in a healthy and fair manner.

☐ **Waiver:** I am aware that it is strongly recommended that I obtain a physician's release before participating in this or any other fitness or weight loss program. I should not participate unless I am medically able and have consulted my doctor regarding possible health risks. I understand that Pima County and affiliates disclaim any liability for any costs, claims, injuries, actions, or damage suffered, as a result of participation in the activity. Participation in all activities is strictly voluntary, and any injuries suffered in conjunction shall not be subject to reimbursement under any workers compensation law or any other applicable law.

Employee Wellness
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