No Weight Gain Contest

2013-2014

Registration Form

Registration Deadline: November 15th	
EIN:	**Name:**
Work Address:	
Department:	

The average American will gain 8 to 10 pounds during the holiday season!

Stay healthy and active between November 18th and January 10th by maintaining your weight so that no more than 2 pounds is gained. Weight loss is also encouraged but not required.

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

Challenge	Guidelines	HLAP's
All participants must:	• Weigh-in • Weigh-out • Not gain weight (within 2 pounds of initial body weight)	20
Weight Loss Challenge:	• Lose between 2% and 4.9% of initial body weight	25
	• Lose 5% or greater of initial body weight	30

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.

☐ I have read and accept the terms and conditions of this program.

Submit by Email

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
www.pima.gov/hr/health
150 W. Congress, 4th Floor
Tucson, AZ 85701
Phone: 724-8114
Fax: 724-8150