

Live Right – Lose Weight – Live Long



Join your TSU Family for the 2015 Biggest Loser Challenge.



BIGGEST LOSER WELCOME MEETING

Date: January 9, 2015

Time: 2pm

Location: Hannah Hall Room 111

**The Entry Fee is \$25.00*

For more information and to sign up for the program, Contact Melanie Jackson at 713-313-7162

Deadline to join the program is Friday, January 16, 2015 at 3pm.

- Your weight will NOT be shared with others
- There will be weekly activities and meetings
- Nutrition demonstrations
- The top 3 players will receive a cash prize!!!!!! \$\$\$\$

LIVE RIGHT – LOSE WEIGHT – LIVE LONG



RULES

1. “HAVE FUN”, eat healthy, and exercise.
2. The Welcome Meeting will be on Friday, January 9, 2015 Hannah Hall 111, Time: 2:00pm
3. The first weigh in will take place immediately after the Welcome Meeting (the weigh in will be at the Rec Center)
4. The final weigh in will be on Thursday, February 19th at 10:00a.m. (SIX WEEKS)
5. Weigh-ins will occur every Thursday no later than 10:00a.m.
6. We are measuring the percentage of body weight lost. Here’s the calculation: take your actual weight (today) and subtract it from your initial weight. Then divide that number by your initial (starting)

Ex: If you start at 211 and lose 5 lbs. in a month and end up at 206.

That’s 211-206 (5 lbs.)

Take 5 lbs. and divide it by my starting weight (211). $5/211 = .023697$

Multiply that by 100 and you get 2.37%weight.

$((IW-AW)/IW) * 100 = \text{weight loss percentage}$
7. There is a one-time \$25 registration fee which “MUST” be paid during your first weigh in.
8. You can join at any time during the first two weeks (but the longer you wait the harder it will be to win)
9. There will be a penalty fee of \$1 applied if you do not lose a **minimum** of 1full pound each week.
10. There will be a penalty fee of \$5 if you miss weighing in.
11. There will be a penalty fee of \$1 added for each pound gained. (i.e., Gain 3 pounds, you owe \$3)
12. Your weight will **NOT** be public knowledge. We will post if you went up or down in weight each week.
13. The top 3 players, we will receive a cash prize.



Join your TSU Family for the
2015 Biggest Loser Challenge

Starting January 12th

The Entry Fee is \$25.00.

Contact Melanie Jackson for more information @

(713) 313-7162

