



PREMIER'S "BIGGEST WINNER" 90 DAY CHALLENGE

REGISTRATION FORM

Last Name: _____ First Name (Legal): _____
(Name you go by): _____
SSN – Last 4 Digits: _____ Date of Birth: _____
Address (Mailing): _____

Phone #: (day) _____ (evening) _____
Physician Name: _____
Category: Individual _____ Team _____
Team Name: _____ T-Shirt Size: _____

GENERAL RELEASE/ WAIVER

I understand that prior to beginning any specific diet or exercise program that I should consult my physician. This program is strictly to encourage a healthier lifestyle and is not promoting a particular diet or exercise program. In submitting my entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have now or hereafter arising against Premier Health & Fitness Center, and all sponsors and their employees, officers, directors, principals, agents, representatives, successors, and assigns, including but not limited to any and all claims of damages, injuries, demands, actions whatsoever, however they may occur, arising as a result of my participation directly or indirectly in said Biggest Winners program. Any disputes should be directed to the Biggest Winners committee members. I hereby grant full permission to any and all of the foregoing to use my name, my voice, and /or picture in any broadcasts, telecasts, advertising, promotion or other account of this event for any purposes whatsoever without thought of remuneration. If you are under 18 years of age, parent's signature and physician release form are required.

Participant/Parent Signature: _____
Date: _____
Child's Name if Parent is Signing for Child: _____

PREMIER BIGGEST WINNERS **90 DAY CHALLENGE**

What is *PREMIER BIGGEST WINNERS*?

- *Premier BIGGEST WINNERS* is a 12-week weight loss competition sponsored by Premier Health & Fitness Center and Tallahassee Memorial Healthcare.
- *Premier Biggest Winners* will begin on Wednesday, March 4, 2009 and will end on Wednesday, June 3, 2009.
- Teams of three to five people or individuals compete to lose the highest percentage of weight during the competition.
- Premier members and non-members are eligible.
- Cash prizes will be awarded to the top 3 teams and top 3 male & female “winners” at the end of 12 weeks. (The dollar amount of prizes will depend on the number of participants.)
- There is a \$30.00 + tax entry fee which is due at the time of registration.
- You may register at Premier Health & Fitness Center 3521 Maclay Blvd. 32312, or by faxing your registration form to 431-4850. Forms can be found at www.tmh.org/premier.

What makes *Premier Biggest Winners* a success?

- All weights are held confidential.
- Team effort motivates participants to stay focused on losing weight through diet and exercise.
- Cash prizes motivate participants to remain competitive throughout the 12- week program.
- Participants choose their own diet and exercise program.
- Discounted group training available
- No enrollment fee for new members participating in *Biggest Winners*.

Are Nutritional and Exercise classes offered?

- Nutritional classes will be offered.
- Each team will have a free Life Coach to assist and motivate throughout the program.

What are the *Premier Biggest Winners* rules?

- All participants must be at least 12 years of age. (Ages 8-11 may participate if they are members of Premier's Youth Fitness ExGames)
- Participants under the age of 17 must provide a signed parental and physician's release form.
- All participants will weigh in at Premier Health & Fitness Center each week on Wednesday. (Photo ID is required for all weigh-ins)
- Convenient weigh-in times will be held from 6 a.m. to 7 p.m. to accommodate different schedules.
- No make up times or dates for weigh-ins missed. You will be disqualified by missing 3 weigh-ins.
- No make up times or dates for weigh-ins missed.
- If you are unable to make the initial weigh-in, you may weigh-in the next week at Premier Fitness and this will be your initial weight. (This option has to be approved by the "*Biggest Winners*" coordinators)
- Pre-registration is required.
- Participants may only weigh in once per week on the designated scale only.
- Only participants will be weighed. (No family members or friends.)
- T-shirts and shorts are recommended for the initial weigh-in.
- No disrobing allowed during weigh-ins. If removing shoes, jewelry, etc, do so before approaching the scale.
- No sabotaging other teams.
- Team members can only be voted off (by their team members) for failing to weigh-in or for steadily gaining weight. Only one team member may be voted off a team.
- The *Premier Biggest Winners* Committee has the right to make changes or clarifications to the rules at any time.

How will I know my standings?

- Team standings will be posted through week 8. (Postings will be available on the Premier Health & Fitness Center website: www.tmh.org/premier)
- The top 3 Teams and Individuals each week will be displayed at Premier's front desk.
- Individual percentages will not be made available until the end of the 12 weeks.
- Postings each week are for that week only.
- The only cumulative posting will be at the end of the 12 weeks.
- Percentages will not be given out at any other time. (Please do not call for your percentage, as it will not be given out.)

Why would I be disqualified?

- Missing 3 consecutive weigh-ins.
- Missing the last weigh-in, unless prior approval from Premier Biggest Winners Committee is given.
- Pregnancy
- Any surgery resulting in significant weight loss
- Adding hidden weight on initial weigh-in. (Example-pennies in undergarments, weights in pockets.)
- Unhealthy weight loss practices, if discovered.

What if team members are voted off or drop-out?

- Team members cannot be replaced.
- One member per team may drop out before the 6th week without penalizing the rest of the team.
- After the 6th week, team members may drop out; however their weights will be calculated into the team's total weight, which may lower the team's weight loss percentage.
- If a team loses more than 3 team members, the remainder of the team will be changed to the individual category and will no longer be eligible for team prizes

What are the benefits of *Premier Biggest Winners*?

- Weight loss and regular exercise lead to better health.
- Team competition promotes camaraderie, encouragement, and motivation among team members and others.
- Healthier people have less medical expenses, which may decrease health insurance premiums.
- Weight loss leads to more energy, increased productivity, and higher self esteem.
- Cash Prizes
- Every participant receives *Premier Biggest Winner* tee shirt.

How do I register?

- Each participant will complete and sign a registration form no later than March 1, 2009
- Sign up as individual participant or form a team of 3- 5 people.
- Choose a unique name.
- You must form your own team. Premier Biggest Winners Coordinators will not place you on a team.

Who do I need to contact for *Premier Biggest Winner* information?

Premier Health & Fitness Center
431-4888 or 431-4835
www.tmh.org/premier