

Get Healthy UAMS
“Summer Slim Down ‘08”
Official Rules

Categories

Two categories are available: individual and team. Participation in both categories is allowed.

Criteria

Participants must be UAMS employees or students. Both individual and team winners will be determined by the percentage of body weight lost. Team category will be calculated as a whole:

(beginning body wt. – ending body wt.) / beginning body wt. = percentage body wt. lost

Individual Weigh-in / Registration

Individual participants may register and weigh-in beginning Monday, June 2, 2008 from 8:00 a.m. till 6:00 p.m. in the Fitness Center located on the 8th floor of the College of Public Health building. Participants may register and weigh-in at any time throughout the course of the contest however those who register late are required to weigh-out during the predetermined weigh-out dates. Weigh-in times will be weekdays between 8:00 a.m. and 6:00 p.m. in the Fitness Center. Fitness Center staff will document official starting weight and attire. No allowance will be given for attire and similar attire MUST be worn when weighing-out. All individual bodyweights will be kept confidential.

Team Registration

Individual participants who wish to form a team must elect a Team Captain to verify each participants place on the team. It is the responsibility of the Team Captain to complete a roster. Rosters are available in the Fitness Center or on our Web site www.uams.edu/gethealthy. A roster must be turned in to the Fitness Center by the Team Captain before a participant's weight is allowed to be added to the team's total. Only participants listed on the team roster will be allowed to record a starting and ending weight with that team. Team members may not be substituted or switch teams once that participant has recorded a weight with a particular team. If a participant wishes to change teams they must do so before weighing-in and their name must be added to the new team's roster by the captain. Groups may add members throughout the contest. There is no limit to the number of members a team may have. However, THE STARTING TOTAL TEAM WEIGHT WILL BE USED TO CALCULATE THE PERCENTAGE OF WEIGHT LOST REGARDLESS OF THE NUMBER OF TEAM MEMBERS WHO WEIGH OUT. Individual weigh-in and registration rules apply.

Ending Weigh-out

Participants have three (3) days to record their ending body weight: Wednesday, August 27; Thursday, August 28; Friday, August 29. Weigh-outs will take place between the hours of 8:00 a.m. and 6:00 p.m. on these days in the Get Healthy UAMS Fitness Center located on the 8th floor of the College of Public Health building. Participants who attend a predetermined number of lectures view an on-line Power Point presentation, and complete a short quiz will qualify for an additional week before being required to weigh-out. The weigh-out dates for those who qualify will be from 7:00 a.m. till 6:00 p.m. starting Tuesday, September 2 until 6:00 p.m., Friday, September 5, 2008. Attire worn during weigh-out MUST be comparable to attire worn at weigh-in. No weight allowance will be given for any type of clothing or shoes.

Prizes

Winners will be announced and prizes awarded the week of September 7, 2008. The top three (3) places of both individual and team categories will receive prizes. Prizes will also be awarded to all participants who lose from 5-10% of their bodyweight. Participants losing greater than 10% of their bodyweight will receive an additional prize. All participants will receive a gift.