

'LOSE TO WIN' CHALLENGE RULES, LIABILITY & PUBLICITY RELEASE

•CHALLENGE INFO:

Participants will enjoy 8 weeks of **unlimited access** to the gym AND group fitness classes (Elite Group Training and Quick Fit classes), as well as Saturday challenge workouts. Program also includes weekly nutritional guidance, 3 weigh-ins on the InBody 570 Body Composition Scale, a sweet t-shirt, and the chance to win \$1,000 cash and other great prizes.

Regular gym hours are M-F 5am-8pm, and Saturday 7am-1pm. You have unlimited access to use the facility during these hours. The group class schedule is as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 – 6:00 AM	ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle	
6:00 – 7:00 AM	ELITE GROUP TRAINING Coach Kyle	QUICKFIT 6-6:30a Coach Shelby	ELITE GROUP TRAINING Coach Kyle	QUICKFIT 6-6:30a Coach Shelby	ELITE GROUP TRAINING Coach Kyle	LOSE TO WIN CHALLENGE Coach Shelby
7:00 – 8:00 AM	ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle	
9:15 – 10:15 AM	ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle	
5:00 – 6:00 PM	ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle		ELITE GROUP TRAINING Coach Kyle	
6:00 – 7:00 PM	ELITE GROUP TRAINING Coach Kyle	QUICKFIT 6-6:30p Coach Kyle	ELITE GROUP TRAINING Coach Kyle	QUICKFIT 6-6:30p Coach Kyle	ELITE GROUP TRAINING Coach Kyle	

MANDATORY Packet Pick up and **FIRST WEIGH-IN**: January 27th (8am-8pm) or January 28th (7am-1pm). Stop by Elevate anytime within the hours listed. You'll receive your Challenge Packet, complete your first weigh-in on the InBody scale, and have your "Before" picture taken.

"Before" Picture: We encourage tight fitting/minimal clothing (compression shorts for men, and sports bra and compression shorts for women) to really highlight the dramatic changes that will occur over the next 8 weeks; but please dress to your comfort level. (Before and After pictures will not be publicly shared without your prior consent).

FINAL WEIGH-IN: The final weigh-in is on Saturday, March 25th. You must complete your final weigh-in on or before this date. (Final weigh-in time to be determined).

You will be weighed on the InBody 570 Body Composition Scale. It is important that we get the most accurate reading possible. Please review the “InBody scale prep” in this document prior to your initial weigh-in.

•PARTNERSHIP REQUIREMENTS:

There are no partnership requirements for this year’s challenge. Current Elevate clients can partner with other members or non-gym members. There are no gender restrictions either.

•PRIZE WINNERS:

Two separate prize categories will be awarded. \$1,000 to the winning partnership, \$250 to the runner-up male participant, and \$250 to the runner-up female participant.

You must complete the initial and final weigh-ins to be eligible for the Grand Prize.

GRAND PRIZE WILL BE AWARDED TO THE PARTNERSHIP WITH THE GREATEST OVERALL LOSS OF BODY FAT (by percentage), OR THE GREATEST INCREASE IN MUSCLE MASS. Additional factors are also taken into account, like; best overall body composition change, class attendance, performance, attitude, etc.

This challenge is not strictly a ‘weight loss’ challenge as the GRAND PRIZE may be awarded to weight loss winners OR muscle gain winners.

Prizes awarded will be shared between both members of a partnership as they see fit.

•WEEKLY PRIZES:

Will be awarded to participants based on a number of factors to be announced throughout the challenge.

•PARTNERSHIP REQUIREMENTS:

Participants must designate their partner at the time of registration.

•PRICING:

Only Elevate members who are currently paying for Elite Group Training, Small Group Personal Training, or Private One-on-One Training are eligible for the \$125 "Member Price." All others will need to register at the \$300 "New Member Price." These prices are the total amount due for the full 8-week challenge.

Current training clients will receive \$25 OFF for each *new* client they refer, who sign up for the challenge.

***MONTHLY PAYMENT OPTION: If you'd like to split your entry fee into 2 monthly payments, please fill out the registration information but leave the billing info blank. We will contact you to set up monthly payments.**

•NO REFUNDS: Your payment is non-refundable and non-transferable. Please do not sign up unless you are fully committed to attending all 8 weeks.

PREPARING FOR AN INBODY WEIGH-IN:

Body composition testing is a way of measuring the different components of your body; specifically, water, muscle and fat. Weight alone is not a good indicator of health or fitness as it does not distinguish between body fat and lean body mass. *Pregnant women or those with implanted defibrillators or pacemakers should not be tested.

To help you get the most accurate results, we recommend the following preparation:

1. Avoid exercising or performing any strenuous physical activities 12 hours before testing- Tests taken with abnormal body temperature – with a fever, post exercise, or immediately after exposure to cold temps (winter)— may affect accuracy of results.
2. Avoid eating a meal 2-4 hours before your test.
3. Hydrate well the day before your test, and do not drink caffeine the day of your test.
4. Use the bathroom prior to testing.
5. Stand for at least 5 minutes prior to testing.
6. If possible, the test should be done before midday. If this is not possible, attempt to keep time of day consistent between multiple tests.
7. For females, avoid taking test during a menstrual cycle as total body water will be higher than normal.

Results: Following the 60 second test, you will receive a print out detailing the following:

- Total Body Water
- Intracellular & Extracellular Water
- Dry Lean Mass
- Body Fat Mass
- Weight
- Skeletal Muscle Mass
- Body Fat Mass
- Body Mass Index (BMI)
- Body Fat Percentage
- Segmental Lean Analysis
- Body Water Analysis
- Segmental Fat Analysis
- Visceral Fat Rating
- Basal Metabolic Rate

How does InBody work? InBody uses patented technology to measure your body's internal composition. It measures each limb and the trunk separately and at multiple frequencies. This gives it much higher accuracy and reproducibility. It passes a small, safe electrical current through the body and measures the body's resistance to the current. This is called Bioelectrical Impedance (BIA). The InBody 570 is the most accurate bio-impedance device available today, with a +0.98 correlation coefficient when compared with DEXA scans.

LIABILITY WAIVER & RELEASE

As a participant in the Lose to Win Challenge (fitness program), I hereby agree to the following:

1. That I am participating in programs offered by Elevate Fitness & Rehabilitation, Inc. I recognize that this requires physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in fitness programs. I represent and warrant that I have no medical condition which would prevent my full participation in a fitness program.
3. In consideration of being permitted to participate in the fitness program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the fitness program, I knowingly, voluntarily and expressly waive any claim I may have against Elevate Fitness & Rehabilitation, Inc. for injury or damages that I may sustain as a result of participating in the fitness program.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Elevate Fitness & Rehabilitation, Inc. for any injury or death caused by their negligence or other acts.

Participant is aware that participation in the fitness program may result in accident or injury, and Participant assumes the risk connected with the participation in the fitness program and represents that Participant is in good health and suffers from no physical impairment which would limit their participation in the fitness program.

Participant acknowledges that Elevate Fitness & Rehabilitation, Inc. has not and will not render any medical services including medical diagnosis of Participant's physical condition. Participant specifically agrees that Elevate Fitness & Rehabilitation, Inc., its officers, employees and agents shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to the fitness program.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

PUBLICITY WAIVER & RELEASE

Elevate Fitness & Rehabilitation, Inc. may collect individual and group photos, videos, and testimonials relating to our services. We use these for various purposes, including promotional, advertising, and commercial purposes.

Upon submission of this form you grant permission to use your photo, image, written statement, video, testimonial, voice or likeness in promotional materials and publicity efforts without any compensation.

Photos and videos may be retouched or edited and may further be used in publications, print ads, electronic media (e.g. video, internet) or other media now known or hereafter created.

You further agree that by participating in the photography or filming or providing written or verbal statements, you Elevate Fitness & Rehabilitation, Inc. and its representatives, employees, photographers, and their designees from any and all liability for violation of any privacy or proprietary rights.

I further agree to the inclusion of my first name and first initial of my last name.

Your 'Before' and 'After' photos will not be shared without your approval.