

# BIGGEST LOSER CONTEST

A weight loss initiative sponsored by UDS Worksite Wellness Committee.

SIGN UP BY JAN. 8, 2009

## I. The Contest

A. 12 weeks starting January 12 and ending April 6, 2009. Entry fee \$15.00 per person (cash preferred)

## II. Cash Prizes

A. Cash Prizes will be awarded to the 2 people with the highest percentage of starting body weight lost; and a "Biggest Loser" t-shirt will be awarded to the Biggest Loser. First place prize will be 75% of the entry fees. Second place prize will be 25% of the entry fees. A matching fee of \$15.00/person will be donated by UDS.

B. Using percentage of weight loss instead of total pounds lost will allow the contest to be fair and equitable to all participants.  $\text{Percent lost} = \frac{[(\text{start weight} - \text{end weight}) / \text{start weight}] \times 100}{}$ . For example, a 220 lb. man and a 140 lb. woman both lose 20 lbs. The man has lost 9.1% of his body weight, but the woman has lost 14.3%. The woman would win.

C. Results will be determined by the UDS Worksite Wellness Committee. Prizes will be distributed by April 9th.

## III. Eligibility

A. Any UDS paid employee may participate.

B. January 12<sup>th</sup> is registration and initial weigh-in day (payment due at the time of initial weigh-in). Come to the UDS Shipping Scale between 8am- 8:30am. A Sauk Prairie Memorial Hospital and Clinics staff member will be at the scale to register you and record your weight. Optional pre- (and post-) photos are available.

C. There are 2 weigh-ins. The initial and final weigh-ins are mandatory to be eligible for the prize money. .

D. Initial weigh-ins and final weigh-ins will be on the same scale. All weights will be with shoes off and pockets empty.

E. Final weigh-ins will be on April 6<sup>th</sup> at the UDS Shipping Scale between the hours of 8am- 8:30am.

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F. Your weight will be kept *confidential*. Only the collective group weight lost will be posted on the UDS Wellness bulletin board.

## IV. Benefits of Biggest Loser Contest:

A. Participants will receive a Sauk Prairie Memorial Hospital and Clinics water bottle with paid registration.

B. Optional weigh-ins can be done on the UDS Shipping Scale can be done on your own to see your progress towards your goal weight. Forms for recording weight progress will be given at enrollment/first weigh-in.

C. Goal setting assistance is available from Sauk Prairie Memorial Hospital and Clinics' dietician, Amy Miller, RD, CD. Phone or email Amy at ext. 7237 or [amiller@spmh.org](mailto:amiller@spmh.org)

D. Wellness Tidbits handouts will be available on a regular basis with wellness-related information including hints, suggestions, and recipes for weight loss. All SPMHC employees have been given the opportunity to opt-in to this free email through the initial all-user Wellness Tidbits.

E. Walking lunch breaks of 20 minutes – inside or outside – are encouraged.

## V. Winners

A. Names of the two winners and their prizes will be posted on the UDS Worksite Wellness bulletin board with the collective group weight lost. Individual weight lost will not be published. Winners will have the option of having their pre- and post- pictures posted also.