



TEAM FITNESS CHALLENGE
February 22nd - May 17th 2018

OFFICIAL WEIGH-IN SITE

Fitness World

105 W. NC HWY 54, Suite 271

Durham, NC

KICKOFF EVENT

Thursday, February 22nd @ 7:00 pm

Kickoff events includes an overview of the competition,
question and answer session, and initial weigh-in.

*Registration accepted through Tuesday February 20th , 2018.

FINAL WEIGH-IN

Thursday, May 17th, 2018

before 8 pm

FINALE PARTY

Tuesday, May 22nd , 2018 @ 7 pm

**Bi-weekly results will be posted in the
Personal Training office under your
team name.**

What is the “In it to Win it Team Fitness Challenge?”

- In it to Win it is a 12 week fitness/ fat loss challenge hosted by Fitness World.
- In it to Win it begins on Thursday, February 22nd, 2018 and ends Thursday, May 17th, 2018. The Finale party will be hosted on Tuesday, May 22nd at 7 pm.
- There are 3 categories (Team, Individual Male and Individual Female) that will compete to lose the highest percentage of body fat during the 12 week challenge.
- Teams will be made up of 4-6 people. Create your own or be placed on a team.
- Teams will be placed with a trainer by the luck of the draw. Sorry you will not be able to pick your trainer this year. **Current personal training clients can request to work with their current trainer.**
- Prizes will be awarded to top Team, top Male individual and top Female individual. There will be other prizes given away at the Finale Party as well.
- Free t-shirt.

How does the Team Fitness Challenge work?

- Each participant must pay \$50 (Fitness World current members) and \$100 (Fitness World non-members, gives you full access to Fitness World) to participate. Fee must be paid by the initial weigh-in.
- *Each team member must weigh in every other week.*
- There will be no refund to any participants who quit the competition or are disqualified, or get voted off a team.
- Prizes will be awarded to top Team, top Male and top Female individual at the end of the competition.
- To qualify for the **\$1000 grand prize each member of the team must attend at least 4 designated group exercise classes** over the 12 week contest period. The Fitness Director has the ability to make adjustments as needed in special circumstances.

How do teams and individuals register?

- Form a team of 4-6 people or be placed on a team.
- Team member requests will be kept together if possible.
- Trainers will be chosen randomly for each team.
- **Current personal training clients can request to work with their current trainer.**
- Trainers and teams will be matched up depending on availability of the personal trainer and the time of day that the team prefers to exercise.
- Choose a unique team name. Team names chosen in poor taste will not be permitted.
- Registration begins January 24, 2018. Forms can be found at Fitness World or on our website (www.fitnessworldnc.com).
- Registration forms must be completed and signed, and forms and fees must be turned in no later than Tuesday, February 20th, 2018.

Who can participate in the In It To Win It Team Fitness Challenge?

- Anyone over the age of 13 who wishes to lose body fat and get into better health may participate. If under age 18, a release form must be signed by a parent or legal guardian.
- Any group of friends, families, co-workers, or other groups, or any individual is welcome to participate.
- *Past Grand Prize Winners can participate but are not eligible to win the grand prize.*

What are the In It To Win It Rules?

- All participants must weigh-in at least every other week. Weeks 2, 4, 6, 8, 10, and 12.
- For the purpose of this competition and designated classes, the first day of the week is Friday and the last day of the week is Thursday.
- All participants must be over the age of 13 by February 22nd, 2018.
- Participants between the ages of 13 and 17 as of February 22nd, 2018, must have a parental release form signed.
- Fitness World will place you on teams if you are not able to create your own team.
- If a participant is unable to make a bi-weekly weigh-in they must contact the Fitness Director to arrange an alternate day and time.
- No shoes permitted during weigh-ins.
- No disrobing permitted. Participants should come dressed as they deem necessary. Suggested attire includes shorts or light weight pants, t-shirts or tank tops, and socks or flip-flops.
- Fad diets promising rapid results are discouraged. They limit nutritional intake, can be unhealthy, and tend to fail in the long run.
- A healthy eating and exercise program is encouraged.
- Team members may vote an individual off a team for failing to weigh-in or steadily gaining weight (unless there is a medical diagnosis). Only one member can be voted off a team. However, voting off an individual can affect your overall fat loss percentage.
- As long as a team member is consistent with weigh-ins and is showing a weight loss (no matter how much) over the two previous weigh-ins, they are not eligible to be voted off.
- The winning team must have at least four remaining members on the team at the end of the competition.
- The Fitness Director has the right to make changes or clarifications to the rules at any time.

What are the Rules for Disqualification?

- Cheating at the initial weigh-in by adding hidden weight.
- Missing two consecutive weigh-ins.
- Teams missing more than three weigh-ins during the competition.
- Missing the final weigh-in, unless prior approval from the Fitness Director.
- Pregnancy.

- Any surgery resulting in significant weight loss.
- Unhealthy and/or unfair weight loss practices if discovered.
- **Not attending at least 4 designated group exercise classes** will disqualify you from the grand prize.

What if a team member is voted off or chooses to drop-out?

- Team members cannot be replaced.
- Team members may drop out by the 6th week (April 5th, 2018) without penalizing the rest of the team. A dropout's weight will not be calculated into the rest of the team as long as they drop out by the 6th week.
- After the 6th week, team members may dropout but their weights will be calculated into the team's total weight, which may lower the team's overall loss percentage.
- Teams must have four members remaining to be eligible for grand prize consideration. If a roster falls below four people, the remainder of the team will not be eligible for the grand prize. However, you would be eligible for the Top Individual Prize.

What do you get for your entry fee?

- Use of the Fitness World facility, including group exercise, group cycling and personal training.
- 1 free weekly 30 minute session with your designated coach/trainer and team for the length of the competition.
- Free seminars, orientation to gym equipment and a complimentary Healthy Start Program.
- Bi-weekly weigh-ins and body fat test.
- A chance to meet with a registered dietitian to help you along your fat loss journey.

Prizes

- The winning team will be awarded \$1000 to be split amongst themselves.
- 2nd and 3rd place teams may receive certificates for massages, make overs, nutritional supplements, etc.
- Raffle prize of 1 month free to be added onto your current membership.
- Raffle prizes during the Finale Party from local businesses that can include gift certificates for merchandise, food, etc.
- All non-members who choose to join will have their enrollment fee waived along with 1 free month at the end of their commitment (applies to 1 or 2 year memberships only). This offer will expire on May 31st, 2018.

Designated Group Ex. Classes

- There will be a number of group exercise, group cycling or specialty classes that will qualify as “designated” group exercise classes. A copy of “designated” classes will be given out at the Kick-Off Party.
- In order to get credit for the “Designated Classes” you must sign up for the class either online or from the Fitness World App. When you come in to attend the class you will need to check yourself in on one of the iPads located at the front desk. This will allow the Fitness Director to have attendance reports to insure that the teams have at least 4 “designated classes” per participant.

What are the benefits of the Fitness World Team Fitness Challenge?

- Weight loss through proper nutrition and regular exercise can lead to better health.
- Team competition promotes camaraderie, encouragement, accountability and motivation among team members and others.
- Weight loss often leads to more energy, increased productivity and increased self-esteem.
- Ability to try a variety of group exercise classes and maybe find something that you never thought you would add to your workout routine.
- Healthier people have fewer medical expenses.

Who do I contact with questions and/or concerns?

- Kevin Posey, Fitness Director
- Phone: 919-544-9000, Email: kevin@fitnessworldnc.com