

# THE BIGGEST LOSER



## 12 WEEK SOLO CHALLENGE

### INFORMATION SHEET

**What is the Biggest Loser Challenge?** – Don't be fooled by the name! Although this is a weight loss challenge, our version of the television series is designed to help participants get started at SWEAT, motivate current members to participate with regular exercise, and to encourage positive behavioural changes for long-term health. Weight loss is simply achieved as a result of the positive lifestyle changes participants make throughout the Challenge.

**How much does it cost to participate?** – The only cost to participate in the Biggest Loser Challenge is your standard weekly SWEAT membership fee, which covers the use of:

- All gym facilities and equipment
- Fortnightly weigh-ins and updates
- Access to all group fitness classes
- Weekly information and support to keep you on track

**When does the Biggest Loser Challenge start and finish?** – The Challenge will commence on Monday 4 September 2017. Participants simply attend their SWEAT gym for an initial weigh-in, which is repeated fortnightly until the completion of the 12 Week Challenge. The final weigh-in will be completed Friday 24 November 2017.

**Do I have to attend the SWEAT gym?** – No, you are not restricted to only use our gym facilities; however we encourage you to embrace this opportunity and partake in the Challenge together with your colleagues. You will be expected to maintain a SWEAT membership, throughout the duration of the Challenge, with the intention to get started and regularly attend the variety of programmes offered at the gym.

**Is my progress Private?** – YES, we are not in the business of humiliating people, all personal information is confidential to the Challenge organisers. When registering for the Challenge you will be asked to provide an ID code name, which will be used to demonstrate your fortnightly results on the leaderboard, this code name will remain personal to you.

**How do I enter?** – Simply visit your gym between 7:00am – 4:30pm, Monday 4 September, we will provide you with a registration form to complete and take your initial starting weight.

**I have more questions, how do I get them answered?** – We are happy to answer any further questions you may have, simply send your query to Marcus Vercoe via email; [staff.wellness@bopdhb.govt.nz](mailto:staff.wellness@bopdhb.govt.nz).