

# PEAK'S BIGGEST LOSER DETAILS 2023

**CHALLENGE DATES:** September 15<sup>th</sup> – November 12<sup>th</sup>, 2022

- \*Sign ups start August 16<sup>th</sup>
- \*Packet pick up starts Thursday, September 14<sup>th</sup>, at the front desk.
- \*Weigh-ins are September 15<sup>th</sup> -17<sup>th</sup> (Hours & Location designated on reg form)
- \*New to Biggest Loser & Nutrition Meeting = Monday, September 18<sup>th</sup> 6:30pm, Peak CDA
- \*3-Club Challenge = Saturday, October 7<sup>th</sup>, 8:45am, McEuen Park, CDA
- \*Celebration Party = Thursday, November 16<sup>th</sup>, 6pm, Nashville North, State Line Idaho

**PRICES:** Members: \$149, Non-Members: \$249 (*Includes 8-Week Temporary Club Membership*)

Group Training Challenge ADD ON: Are you currently involved in Small Group Training at Peak? (Bootcamp, Evolve, Body Rescue, Coeur Fit) If you sign up for a last chance workout time that is currently your small group training time your price for the Biggest Loser Challenge will be discounted.

Members \$59, Non- Members \$159

\*If your Biggest Loser team workout time is different from the current time you are doing your Small Group Training you will be charged the regular price\*

## **SERVICES:**

- \*PEAK to provide = InBody location, photos, weekly team workouts, 3-club challenge, T-shirts, weekly 'inspirational' & educational emails, and prizes.
- \*Weekly ranking updates.
- \*Nutritional education
- \*Weekly assignments and calorie tracking goals. Must be completed and turned in each week.
- \*PT & Nutrition counseling discounts for participants

## **RULES:**

- \*Previous Winners of Biggest Loser/Gainer are not eligible for prizes in that category.
- \*Biggest Losers = Men > 18% BF / Women > 23% BF or BMI > 24.
- \*Biggest Gainers = Men < 18% BF / Women < 23% BF or BMI < 25.
- \*Peak employees and their immediate family members are not eligible to win a Loser or Gainer prize.
- \*Must have before and after InBody Scans & photos. InBody scans must be turned in at Peak the same day they are done. Prizes are based on the outcomes of those measurements.
- \*Review the Biggest Loser packet/folder for all rules and regulations. Packets available at front desk, Thursday Sept. 14<sup>th</sup>.

## **PRIZES:**

- \*Grand Prize (one total winner): Cash Money = \$1500
- \*1<sup>st</sup> Place Male & Female LOSERS: \$200 in PT and \$200 Cash (\$800 total / club)
- \*2<sup>nd</sup> Place Male & Female LOSERS: \$100 in PT and \$100 Cash (\$400 total / club)
- \*1<sup>st</sup> Place GAINER: prize package (\$100 up to \$150 depending on participation level)
- \*ALL contestants that complete ALL assignments (24 total, turned in "on time") = prizes (TBD)

## **CALCULATION OF WINNERS:**

Biggest Losers = Total % *WEIGHT* Lost (5% lost = 5 pts) + Total % *BODY FAT* Lost (4% = 4 pts) + Total lbs. Muscle Gain (3lb = 3pts) (points deducted for muscle loss) + Total Weekly pts + LCWO/Challenge pts

Biggest Gainers: Total % *BODY FAT* Lost (2% = 2 pts) + Total lbs. Muscle Gain (3lb = 3pts) (points deducted for muscle loss) + Total Weekly pts + LCWO/Challenge pts