

CU on the Scale! *Holiday Edition*

Initial team weigh-in

Wednesday, November 6th 2013 – @ the Benefits Fair: 8:30 am – 3:00 pm
Skutt Student Center Ballroom

Optional Weigh-In: Friday, December 6th
Department of Exercise Science
Human Performance Laboratory- KFC room 150
8:00 AM – 3 PM



Final weigh-in

Friday, January 24th , 2014 – EXS Lab in KFC: 8:00 am- 3:00 pm

2013-2014 CONTEST RULES:

Teams will consist of 4 participants (*CU employees, spouses or students are eligible to participate*).

Teams are required to submit a team name and captain. We strongly encourage teams to weigh-in at the same time. The Team captain will be the individual responsible for coordinating team weigh-in times and communication with the laboratory staff.

Individual weight will be recorded to the nearest ½ lb. Participants are asked to wear the same (or similar) clothing for the initial and final weigh-in and to remove their shoes.

PRIZES: Prizes will be awarded to the top 3 teams and top 3 individuals that lose the highest relative percentage of their initial weight.

A Celebration/Awards event will be held on Wednesday, January 29th 2014 at 12:30 pm. *This event is a fun time to celebrate your success as a team & win cool raffle prizes.*

*All participants that complete the contest will be recognized at the Celebration Luncheon and **teams that maintain* OR lose weight will be eligible for additional prizes!** (*maintain=each person doesn't gain more than 2 lbs)*

ENTRY FEE: \$15/person to be paid on Nov. 6th at the initial weigh-in OR teams may pre- register (drop off paperwork & payment) in the Department of Exercise Science prior to the initial weigh-in on Nov. 6th (Benefit's Fair)

All participants receive a \$5.00 off any lab service coupon (no expiration)

The Creighton University Department of Exercise Science Human Performance Fitness Testing Staff & the Creighton University Wellness Program would like to wish you and your teammates GOOD LUCK in your quest to lose weight and to become healthier.

Questions? Please call Geri Moore or Jen Yee @ 402.280-2088