**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