

CU on the Scale! RULES



Welcome to the *CU on the Scale!* Weight Loss Challenge.

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.

2011-2012 CONTEST RULES:

CU on the Scale! Is a 15 week weight loss competition. The competition takes place the week of Nov. 3rd and concludes with the final weigh-in on Feb. 17th 2012.

Initial team weigh-in

Thursday, November 3rd – @ the Benefits Fair: 9:00 am—4:00 pm
Skutt Student Center Ballroom

-or-

Friday, November 4th – EXS Lab in KFC: 8:00 am—3:00 pm
-or- CUMC Rm. 1098 from 12 – 1:30 PM

Final weigh-in

Friday, February 17th, 2012 – EXS Lab in KFC: 8:00 am- 3:00 pm
CUMC location/time TBA

There are optional weigh-ins at the Dept. of EXS—Human Performance Laboratory on December 9th 2011 and January 13th 2012 from 8:00 am – 3 pm.

Individual weights will be recorded to the closest ½ lb. Participants are asked to wear similar clothing pre and post weigh-in and remove their shoes. Records will be kept confidential and stored in the Department of Exercise Science.

Teams may consist of 4 to 20 participants (any CU/Tenet employees, spouses and/or students are eligible). Teams are required to submit a team name and captain.

The Team captain will be the individual responsible for coordinating team weigh-in times and communication with the laboratory staff. Fun team names are encouraged.

PRIZES: Prizes will be awarded to the top 3 teams and to the top 3 individuals that lose the highest %age of the initial weight and for the individual that loses the most weight overall. Raffle Prizes will be given away following each optional weigh-in & all participants are invited to a Celebration/Awards event which will be held following the competition (more details to follow on this event)

ENTRY FEE: \$15/person (regardless of team size) to be paid at the initial weigh-in.

The Human Performance Fitness Testing Laboratory is offering a \$5.00 Discount coupon that may be applied to any of the Fitness Testing Laboratory services.

Questions? Please email Geri Moore at gmoore@creighton.edu or call 402-280-2494.

Good Luck and we will C-U on the Scale soon!