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. The average American gains 6 to 12 pounds during the holiday season, so this task will be difficult, yet well worth your efforts.

**RULES:**

CU on the Scale! Is a 16 week weight loss competition (Nov. 6th — Feb. 26th).

The initial team weigh-in will take place at the following locations:

- Department of Exercise Science: Human Performance Laboratory (KFC rm. 150)
- The Harper Center- Room 3053
- Creighton University Medical Center: The Morrison Room.

Participants must weigh-in at the same location for both the beginning and final weigh-ins.

There are also optional weigh-ins on December 11th 2009 and January 22nd 2010.

Individual weights will be recorded to the closest \( \frac{1}{2} \) 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 EXS Department.

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 weigh-in & a Celebration/Awards event will be held following the competition (more details to follow on this event)

**ENTRY FEE:** $15/person, (regardless of team size) and will 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.