

## Shape Up Jackson—Rules & Regulations

1. All entrants will be invited to a kickoff party on January 25, 2016. Each of these contestants will receive a goody bag, complete with rules/regulations for the Shape Up Jackson challenge and have their “before” picture taken.
2. This is a 9 week challenge and you must weigh in every Monday at one of the Jackson YMCA designated locations.
3. By participating in this challenge, you agree to be bound by these rules, regulations and requirements. The decisions by the Jackson YMCA and Jackson Radio Works and its sponsors are final. We have the right to disqualify persons found tampering with or otherwise abusing any aspect of this Challenge as they solely determine.
4. All contestants must sign all waivers and releases indicating their agreement to removing all liability and must sign these rules and regulations stating that they have read, understand and agree to abide by them.
5. All contestants must attend the opening weigh in on Monday, January 25, 2016 and then on subsequent Mondays listed on the weigh in sheet before 7pm. Failure to weigh in weekly at the said Jackson YMCA location on any Monday will result in disqualification from the contest.
6. All contestants must be officially registered and selected by Jackson YMCA and Jackson Radio Works.
7. All contestants hereby agree to have their photos and weight/percentage weight loss published.
8. Each contestant is required to weigh-in weekly at the pre-determined dates and times. Weigh-ins will be conducted in similar attire each week and will be conducted with socks (no shoes).
9. Contestants must be present at the final weigh in March 28, 2016 to be eligible to win.
10. Contestants acknowledge that sponsors are not physicians and are not trained to provide medical diagnosis, medical treatment or any other type of medical advice.
11. Contestants acknowledge that while dieting and exercising during this competition, if they feel tired, pain or feel out of the ordinary in any way, that they will contact their physician.
12. Grand Prize will be provided by participating sponsors.

Sponsors of the Shape Up Jackson promotion are: Jackson YMCA, Bras that Fit, Anytime Fitness of Jackson, and Columbia Fitness Center.

\_\_\_\_\_ Contestant Signature \_\_\_\_\_ Date