

Shape Up Jackson 2020 – Rules & Regulations

By signing up to be a contestant, you agree to the following:

1. Contestants agree to let K-105.3 (WKHM-FM) and sponsors use their name and percentage weight loss information on PR materials which may include but are not limited to: radio, web and signage. K-105.3, Jackson YMCA and sponsors are not responsible for any injury or illness that may occur during this contest. Remember to diet responsibly and consult with your physician when embarking on any new diet or exercise regimen.
2. All contestants will be invited to a kickoff event at the downtown Jackson YMCA location Monday, January 27th, from 5-7pm. Contestants will receive a goody bag with instructions and a weigh-in sheet.
3. This is an 8 week challenge and you must weigh in every Monday during operating hours by 9pm at the latest at participating Jackson YMCA locations to be eligible for prizes.
4. By participating in this challenge, you agree to be bound by these rules, regulations and requirements. The decisions by the Jackson YMCA and WKHM-FM and its sponsors are final. We have the right to disqualify persons found to be tampering with or otherwise abusing any aspect of this challenge as they solely determine.
5. All contestants must sign all waivers and releases indicating their agreement removing all liability and must sign these rules and regulations stating that they have read, understand and agree to abide by them.
6. All contestants must be officially registered and selected by Jackson YMCA and WKHM-FM to be eligible for prizes. Employees of the Jackson YMCA, Jackson Radio Works, or its sponsors are not eligible for prizes.
7. All contestants hereby agree to have published their photos, names, percentage weight lost and number of inches lost.
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 with socks (no shoes). Measurements will also be conducted at this time (optional) to be eligible for Most Inches Lost.
9. Contestants must be present at the final weigh-in March 23th, 2020, 5-7pm 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. Contest winners will be called upon to participate in follow-up promotion including radio, social media, and on-demand audio.
13. Prizes will be provided by WKHM-FM and participating sponsors. Prizes include: \$105 each for male and female with the highest percentage of weight lost and other prizes from sponsors.