



Have you been trying to lose weight, but can't?

Do you want a fun way to lose weight with people who have the same weight struggles?

Would you like a Personal Trainer to help keep you on track?

We Want You!!!

What do I need to qualify?

- Applicant must be at least 18 years old
- Applicant must hold a current membership to the American Fork Fitness Center
- Applicant must have a current e-mail address
- Applicant must be able to commit to one hour every week for the duration of the contest to meet with an assigned certified Personal Trainer and other team members.
- If you miss more than 1 workout out of 4 you may be replaced with no refund available.
- Applicant must need to lose at least 50 pounds and/or have a BMI of 30 or more (Michaun at the front desk can help you figure this out if you need help)

How do I enter & how much does it cost?

1. Fill out the official entry form (attached)
2. Provide a front view and a side view photos. We request (but not required) that applicants wear shorts and a form fitting shirt, swim suit or sports bra or any other workout attire. (It is important to us that you are comfortable with your photo, so choose your clothing according to your comfort level) Photo must be taken between the dates of December 26th and January 28th.
3. Attach a one page or less (typed or handwritten) essay on "Why I should be selected as a contestant of American Fork Fitness Center's Biggest Loser is the Biggest Winner" contest. Please be specific on any health problems, hardships, goals, etc...
4. Attach a check in the amount of \$150.00 payable to "American Fork Fitness Center". No cash or credit cards will be accepted. This amount equals to \$30 a month. It's a fantastic deal to pay for Personal training. The registration fee must be submitted with the official entry form. If you are not selected as one of the 60 contestants, your check will be returned to you.
5. The \$150 registration fee includes: 1. An opportunity to meet with a certified personal trainer for one hour every week. (You do have the option to hire that Personal trainer in between each training session). 2. Free body composition analysis and weight measurements once a month. 3. A Team t-shirt. 4. An opportunity to lose weight and win TONS of great prizes.

(The registration fee is not intended to be a revenue source, but rather a way to encourage contestants to be committed to the program, their team mates and themselves. No quitters allowed)

All entry forms that are not filled out completely, or lack any of the above items will be disqualified.

How long is the contest for?

The first round of the contest will begin on February 2nd and end April 19th.
The final round will begin April 20th and end June 26, 2012 (3 of our top losers from each team will be selected to move on to the final round).

What are the Prizes?

Sponsors from all over Utah County are getting involved! Look forward to prizes such as an Annual Pass, beauty products, teeth whitening, nutritional supplements, workout gear, exercise equipment, hair products & much, much more! Plus the top man and woman will be given a total make-over and professional photo session.

**All entries must be submitted on or before January 30, 2012
by 5pm!**

Contestant Selection & Contest Rules

All entries will be reviewed by an AFFC panel on January 31st. Contestants will be contacted later that day.

Approximately 60 contestants will be selected based upon the information provided to us through the official entry form and the written essay. Ten teams of six will be formed based on the time of day contestants are available to meet with a certified Personal Trainer.

Contestants that are selected to participate in the contest will be required to:

-Weigh in. An official weigh in from all contestants will be held Thursday, February 2nd at the big kick off meeting at 7pm. Dr. Josh Bryan will be at the fitness center that evening at 7:30pm to do the weigh ins. He will also be at the fitness center February 3rd from 8am to 12pm. If a weigh in is not received, the contestant will be disqualified and replaced with someone on the waiting list. (more information on weighing in is listed on the last page).

-Sign up for a time slot at the front desk. There will be 10 slots available for each team. Waivers must be signed before the first workout. These time slots are available on a first come first serve basis. If a contestant cannot commit to a certain time or the available time slots do not work for the contestant, the contestant will be forced to forfeit his/her spot and someone on the waiting list will take their spot. Contestants must commit to one hour a week, to meet together as a team with their assigned certified Personal trainer. It is important that you attend each week. If you miss more than 1 workout a month, you may be disqualified with no refund available. No information will be given out to what trainers have each time slots until that evening. You will meet your trainer the night of the kick off which will be held February 2nd from 7-9pm. Be sure to wear comfortable clothing to the kick off rally. You will be given valuable information at that time. Please clear your schedule now!

Round 1

Round one of the contest will begin February 2nd and will end on April 19th.

The object of round one is to lose as much accumulative weight and body fat percentage as a team.. Prizes will be awarded to the team (s) with the most accumulative percent weight loss. Individuals with the most percent weight loss will qualify for the Final Round and an opportunity to compete for the grand prize package (see Final Round details)

Each team member must meet together every week for one hour. This hour can be used to work out as a team or to get advice from their Personal trainer on topics such as exercise techniques or nutrition advice. Each team will receive a t-shirt with their team name on it. Each team's progress will be reported and posted at the front desk for everyone to cheer the teams on. **If you miss more than 1 workout a month, you may be disqualified from the competition as decided by your trainer with no refund available.**

Round 1—Winner Selection:

Success of each team will be measured by results taken from Dr. Bryan's Body Composition Analysis machine.

A final weigh in from all contestants will need to be submitted on or before Tuesday, April 17th by 5:00pm. You can weigh in at the Fitness Center anytime between Thursday, April 12th and Monday, April 16th. After all the results are submitted, each team's results will be reviewed, and the winner's will be selected.

Some of the possible categories that will be awarded for Round 1 will be....

- The team with the most accumulative weight loss
- Team that was the most inspirational
- People choice award
- Team with the best attendance
- And more!
- Most inches lost

An awards ceremony will be held April 19th at 7pm to announce the winners.

Final Round

The object of the Final Round is to weed out all the other contestants and lose the most body fat since the beginning of the contest.

The top 3 from each team for a total of 30 final contestants will be selected by the Fitness Center Panel to go into the Final Round to compete against each other for the Grand Prize package! Prizes will be contributed from sponsors all over Utah County. At least one man and one woman and one other from each team will go on to the final round.

The Final Round will begin April 20th and end June 26th.

All finalists will have an opportunity to meet with their same Personal Trainer for the final 2 months.

Final Round—Winner Selection

A final weigh in from each contestant will need to be submitted by Monday, June 25th at 5pm.

You can weigh in at the Fitness Center anytime between Thursday, June 21st and Monday, June 25th.

Results will be reviewed on June 26th. The person who has the most overall weight loss and reduced body fat will be named the American Fork Fitness Center's "Bigger Loser is the Biggest Winner" and will be awarded the grand prize package.

An award ceremony will be held June 28th to announce the winners.

"The Loser's Challenge!"

As a new twist to the program this year, a Loser's Challenge will be added. If you did not make it to the final round, you will have the opportunity to submit a paper that tells why you should be named AFFC's Biggest Loser. The Loser's Challenge papers will need to be submitted by June 18th where they will be reviewed. If you qualify, you could be named AFFC's Biggest Loser. This means that even though you may not be chosen to go on the final round, you still need to work out. You can prove yourself and challenge the other contestants and possibly win.

Dates to Remember:

January 30th - All entries due

January 31st - Applications will be reviewed and 60 contestants will be selected

January 31st - The selected contestants will be contacted

January 31st to February 1st- Selected contestants will need to choose a time slot at the front desk.

*February 2nd- A beginning weigh in must be done at the Big Rally starting at 7pm. Wear comfortable clothing and bring a water bottle.

February 6th - 11th - Start team workouts.

February 6th - Weigh in from Dr. Bryan and Medical release waivers are due to the front desk by 5pm.

April 9th through 14th - Last week of workouts for Round 1

*April 16th from 7-8pm or April 17th from 8am to 12pm - Final weigh in for Round 1

April 19th - Round 1 Rally - Finalists are announced

April 23rd through 27th - Finalists begin Final Round

*June 21st from 7-8pm or June 22nd from 8am to 12pm - Final weigh in (These are due by June 25th)

June 28th - Overall winner announced at Awards Ceremony

***Mandatory Weigh In**

Dr. Bryan will be at the American Fork Fitness Center to take body fat and weight measurements on the First Friday of each month from 8am to 12pm. In order to maintain consistency of the body fat and weight measurements, only readings from the scale at the fitness center will be accepted for this contest.

Good Luck!! This contest
will change your life!

American Fork Fitness Center's "Biggest Loser is the
Biggest Winner" contest
Official entry form

Place a front view and side view photo here

*All photos must be taken between the dates of December 26th and January 28th. Dates must be stamped on photo or use a newspaper with the date on it.

We request that applicants wear shorts and a form fitting shirt, swim suit or sports bra. (It is important to us that you are comfortable with your photo, so choose your clothing according to your comfort level)

Name: _____

Age: _____ Height: _____ Weight: _____ BMI: _____ T-Shirt size: _____

If you are selected as AFFC's "Biggest Loser" contestant, where can we contact you?

Home phone: _____

Cell phone: _____

Work phone: _____

E-mail address: _____

We communicate with all contestants through e-mail. An e-mail address is mandatory.

Essay

"Why should I be selected as a contestant of AFFC's "Biggest Loser" contest?
Submit a one page or less (typed or handwritten) essay on why you think you should be chosen as a contestant of AFFC's "Biggest Loser in the Biggest Winner" Contest.

Be specific on health problems, hardships, goals, etc...

Applications without an essay, photo and registration fee attached will be disqualified.