

Valhalla's NEW YEAR NEW YOU Challenge

Rules and Regulations

10-week weight loss challenge from February 15th – April 23rd, 2010

The New Year New You Challenge is in addition to our New Year Face-Off Challenge this year. You can be a participant of both the Face-Off and the New YOU Challenge which makes you able to win all kinds of prizes! There is an extra charge to participate in our NEW YEAR NEW YOU Challenge.

1. All participants will receive a **FREE T-SHIRT!**
2. **Prize:** The **TOP** individual who has the best percentage of change (body fat) in a 10 week period will win a **TRIP** and some cash. **Choose from a wide variety of destinations such as: Aruba, Virgin Islands, Mexico, Colorado, Myrtle Beach, and many more (airfare not included). Plus, a small activation fee is required*
3. **MUST SIGN UP BY FRIDAY, FEBRUARY 12TH!! There will be no late entries!**
 - There is a \$135.00 entry fee for members; Fee is non-refundable.
 - There is a \$205.00 entry fee for non-members; Fee is non-refundable. This price includes access to our facility during our 10 week program.
4. All entry fees include
 - (2) one-half hour evals which include body fat and circumference measurements.
 - (1) one-hour training session with one of our trainers. This will include a detailed personalized program.
 - (1) one-half hour personal training session.
 - (1) RMR – Resting Metabolic Rate test
 - (1) one -hour Nutritional Consultation with our Registered Dietician
5. You must be willing to take a before and after photo. **Your photo may be used in marketing/sales materials.*
6. Participants will be judged on the best percentage of change (body fat, not the best body).

IF A PARTICIPANT DOES NOT ADHERE TO ANY OF THE ABOVE RULES, THEY WILL BE DISQUALIFIED IMMEDIATELY AND THEIR ENTRY FEE WILL NOT BE REFUNDED. NO EXCEPTIONS OR EXTENTIONS WILL BE GRANTED.

I have read and understand the above rules and regulations associated with the contest. I agree to adhere to these rules as part of the Valhalla's New Year New You challenge. To the best of my knowledge, I believe the information contained in this application to be true.

Signature_____ Date_____

Printed Name_____ Phone #_____

E-MailAddress_____