



REGISTRATION FORM

Name _____
Last First

Address _____
City State Zip

CELL phone _____ DOB _____

*Email Address _____

Do you have or have you ever been told you may have a condition that may inhibit your ability to be physically active? _____ Yes _____ No

- If you mark YES please contact your physician before changing or modifying you current diet and exercise plan.

In order to participate in this event you must submit or mail in your registration form and \$75 registration fee to:
\$10,000 Magic Valley Weight Loss Challenge
1203 Filer Ave. East
Twin Falls, Idaho 83301

\$75 Registration fee will include:

- FOUR Goal-Setting Workshops featuring previous winner BEAR BANGS and a chance to learn his weight loss secrets.
- 10-week customized "Lose-It" Weight Management program at Elizabeth YMCA.
- SIX "Invitation Only" Workout Challenges designed to help you burn calories.
- A custom Goal-Setting Guide and a one-on-one session with one of the YMCA's Fitness Coaches.
- Video Access to special "Healthy Cooking" class.
- A chance to win ONE of THREE Grand Prizes: \$10,000, \$4000, \$2000.

- Other Prizes along the Way!!

*by supplying the MV Weight Loss Challenge with your email address you are agreeing to allow you name to be shared with MV Weight Loss Challenge Exclusive Sponsors.

RULES AND REGULATIONS FOR 2013

- “The \$10,000 Magic Valley Weight Loss Challenge” is a weight loss competition that will award the top 3 individuals who lose the highest *percentage of body weight.
- Registration forms will be available at the kickoff event on Saturday, January 5th or at any of these sponsors’ locations: Kurt’s Pharmacy, The Magic Valley YMCA, or their websites: www.kurtspharmacyandhallmark.com and www.ymcatf.com
- The competition kicks-off **Saturday, January 5th** and initial weigh-ins take place from **10am – 1pm** at the Magic Valley YMCA at **1751 Elizabeth Blvd**, Twin Falls. Participants who cannot attend the kick-off have until **Saturday, January 12th at 5pm** to weigh-in at Kurt’s Pharmacy at **1203 Filer Ave E**, Twin Falls.
- The deadline for all contestants to qualify for the cash prizes in the \$10,000 Magic Valley Weight Loss Challenge is Saturday, January 12th at 5pm. At this time all contestants must have submitted completed registration form, provided valid ID, paid the \$75.00 registration fee, and weighed in.
- After the initial weigh-in, participants must weigh in ONCE A MONTH on designated scales to stay eligible for cash prizes.** (February, March, April, May, and Finale in June).
- Teams are encouraged for the 2013 competition.
- ***Everyone must furnish an official, current, state-issued ID at their first and last weigh-ins.
- Participants **MUST** wear shorts and T-shirt for first and last weigh ins. Socks may be worn. Shoes may **NOT** be worn.
- Before and After photos may be taken at January and June weigh-ins. These pictures are for your participant file. If you are one of the top ten participants in June, 2013, your picture may be used in advertising for future \$10,000 MV Weight Loss Challenge events.
- **FINAL WEIGH IN IS SATURDAY, JUNE 22RD, 2012 (TIME AND PLACE TBA)** Prizes will be awarded to the top three participants who have lost the greatest percentage of weight during the Weight Loss Challenge starting January 5, 2012 and ending June 22, 2012.
- The winners of this competition are the top three people who lose the highest percentage of weight. These people are guaranteed a cash prize of **\$10,000** for first place, **\$4000.00** for second place, and **\$2,000.00** for third place!!
- If you have ever won a cash prize in a previous \$10,000 Magic Valley Weight Loss Challenge, you are not eligible to win another cash prize in 2013. You can win participant prizes however throughout the challenge.

- While you may have a team or partner for the 2012 MVWLC, all results are determined individually.

*Percentage of weight loss is based on the contestant's total pounds lost at the finale on June 22, 2012 divided by the initial weight recorded in January, 2012.

**Only those weights recorded monthly on official MVWLC scales will be considered part of the \$10,000 Magic Valley Weight Loss Challenge official weigh in for the contest.

***Only current driver's license or state ID permitted.

DISCLAIMER

- We recommend the supervision of a medical professional before changing or modifying your diet and exercise plan.
- NO WEIGHT REDUCTIVE MEDICAL PROCEDURES of any type will be permitted (this includes gastric-stapling, gastric bypass, Lap-Band, etc). Any participant found using surgical weight loss intervention would be disqualified.
- Anyone found to be weighing-in initially as one person and changing identities for subsequent weigh-ins, up to and including the finale, will be disqualified.
- You must be 18 years of age to participate.
- Prescription Medications used for weight loss are permitted, but only under the supervision of a medical doctor. All prescription medications used by contestants will require a prescription for use.
- Employees or family members of Kurt's Pharmacy and Hallmark, The Magic Valley YMCA, or any other sponsor's employees or families cannot win the money awarded at this contest. These individuals are invited to participate however.
- While we recommend that you use a reduction diet for the weight loss challenge contest, the MVWLC does not endorse any one diet or weight loss program. The information we supply is for educational purposes only. You may choose any reduction/exercise program to lose weight.
- All registration monies become the property of the \$10,000 Magic Valley Weight Loss Program.

By signing I am agreeing to all the rules and regulations of the \$10,000 Magic Valley Weight Loss Challenge. I understand the recommendations of the weight loss challenge and I release Kurt's Pharmacy and Hallmark, and The Magic Valley YMCA and all other participating sponsors of any liability.

Signature _____ Date _____

PLEASE RETURN THIS REGISTRATION FORM TO KURT'S PHARMACY