

Buckeye Recreation Center Presents the 2009

BIGGEST LOSER COMPETITION

The Biggest Loser is a 10-week guided exercise and nutrition program open to the community. This program is designed to help you make positive lifestyle changes by giving you the tools to not only lose weight, but improve your overall lifestyle and reduce the risk of obesity, diabetes, heart disease, and other medical issues by getting you on track to leading a healthy and active lifestyle!



The 1st, 2nd, and 3rd place winners will be determined by those who have lost the largest percentage of their starting weight, not the total number of pounds. Other prizes will also be awarded throughout the competition.

The BRC also offers group fitness classes, assessments, personal training, and various other programs to help you reach your fitness goals!

Early Registration Cost is \$5 for BRC Members and \$20 for Non-Members*

Late Registration Cost is \$10 for BRC Members and \$30 for Non-Members*

**Participants are eligible for a Membership to the Buckeye Recreation Center for the duration of the competition.*

Registration begins April 1st, don't wait to secure your spot!

PLEASE TURN THIS FLYER OVER FOR DETAILED PROGRAM INFORMATION AND REGISTRATION INSTRUCTIONS

BUCKEYE RECREATION CENTER 2009 BIGGEST LOSER PROGRAM INFORMATION

Program Details:

You have the opportunity to participate in the first every Buckeye Recreation Center Biggest Loser competition whether you are a BRC member or not! The best part about this program is that it will be open to everyone, regardless of age or current fitness level! Whether you are severely overweight, looking to lose those final five pounds for summer, or just need that motivational edge added to your current routine, the BRC Biggest Loser program will help you achieve those goals in a fun and rewarding way! The BRC Biggest Loser competition will rely on professional guidance, information, and advice while focusing on concepts of team-work, camaraderie, and of course your own free will! So, come one come all, and make this the summer you are your OWN biggest loser!

Registration and Program Timeline:

- Early Registration will be open from April 1st through May 30th
- Late Registration will be from June 1st ending on June 5th at the A Cool 5 Spaghetti Dinner
- NO REGISTRATIONS WILL BE ACCEPTED AFTER JUNE 5th, NO EXCEPTIONS
- Weigh-ins will be held on the following dates:
 - Initial Weigh-in, fitness assessment, and a workout with Daniel—Saturday, June 13th
(This time will be scheduled at your convenience after registration has been completed)
 - Additional Weigh-IN dates:
6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/14
 - Finale—Saturday, August 15th
(Grand Prizes, top finishers, and final results will be presented at the finale)

What is Included?

As a BRC Biggest Loser participant you will receive valuable professional feedback, access to unlimited fitness assessments, weight room open house sessions, orientations, group fitness classes, specialized training, and program competitions and games.

Each participant will receive a free t-shirt, pedometer, and Biggest Loser Manual. In your personalized Biggest Loser Manual you will receive workout logs, meal logs, and fitness assessment forms to track your progress throughout the summer. Your manual will also include sections on healthy nutrition and eating principles, wellness advice, professional exercise tips and workout routines, motivational articles, and various other materials to give you the tools to be successful in your program. This manual will not only serve as your guide throughout the program, but continually in the future as you continue your personal journey of leading a healthy and active lifestyle.

Participants will also receive weekly emails outlining a healthy meal of the week, exercise tips, program updates, and participant progress. You will also receive the monthly BRC Fit Tips article.

Biggest Loser participants will have access to the facilities, programs and events hosted by the Buckeye Recreation Center and the Parks & Recreation Department.

Last, but certainly not least, there will be TONS OF PRIZES up for grabs! Prizes will be given out periodically throughout the competition. These prizes will go out on Tuesday's following weigh-ins; however, prizes will not be given out every Tuesday and will not always be given to the "biggest loser" of the week. YOU HAVE TO WORK HARD THE ENTIRE TIME AND IN ALL ASPECTS OF THE PROGRAM TO REAP THE BENEFITS! At the finale a grand prize, second place, and third place prize will be given out to the individuals with the largest percentage of body weight lost over the ten weeks. Prizes will vary from gift certificates, to exercise equipment, and FREE personal training!

What's the Catch?

Because of the nature of this program/competition there will be certain rules and requirements that each participant must adhere to in order to avoid disqualification. All requirements will be tracked throughout the program. If a participant fails to meet the criteria or breaks any of the rules, they will be disqualified. The list of those rules and requirements is as follows:

1. Participants MUST attend AT LEAST (1) Nutrition Night at the BRC
2. Participants MUST schedule and attend AT LEAST (1) Weight Room Orientation within the first two weeks of the program start date
3. Participants MUST attend AT LEAST (2) Weight Room Open House sessions
4. Participants MUST participate in AT LEAST (4) Summer Group Hikes
5. Participants MUST attend AT LEAST (6) Group Fitness classes
6. Participants MUST attend AT LEAST (4) Boot Camp classes
7. If you must miss a weight in, AT LEAST 24 HOURS NOTICE is needed, and your make-up session must be scheduled within 24 hours of the regular weigh-in day. (before or after)
8. Participants shall miss no more than (2) weigh-ins, otherwise disqualification will be mandatory
9. NO CHEATING!!! This includes fat loss pills, starvation, using sweat inducing clothing or materials, or any other method of weight loss that may be deemed detrimental to your health and otherwise counterproductive of the ultimate goals of this program.

Cost:

Early Registration	Final Registration
Member: \$5	Member: \$10
Non-Member: \$20	Non-Member: \$30

**FOR MORE INFORMATION OR TO BEGIN FILLING OUT YOUR REGISTRATION MATERIALS PLEASE CONTACT:
Daniel Scagnelli at 828.387.3003 or dscagnelli@townofbeechmountain.com**