Biggest Loser Challenge Rules

Four person teams of S&W staff and spouses can sign up to participate in the challenge. At least two of the team members must be S&W Staff. Teams that sign up with less than four members and individuals who sign-up will be randomly assigned team members based on regional location. Teams and individuals can register by completing the registration and release found at http://wellness.sw.org and sending it starting January 2 and no later than February 3. Partial teams and individuals should register before February 3 to allow time to form a 4-person team. Teams will receive their weekly weigh-in spreadsheet after they register from biggestloser@swmail.sw.org to record their weights for the challenge. Individuals will be placed on a team by the last day of registration (Feb 3).

Biggest Loser Teams: Have more than a combined 200 lbs to lose to reach a healthy weight
Biggest Little Loser Teams: Have less than a combined 200 lbs to lose to reach a healthy weight
Team Trainers: Teams are encouraged to identify a S&W staff member to serve as a “trainer” and to motivate, encourage, and support them throughout the challenge. It is not required that teams have a Team Trainer.

Prizes- Everyone WINS! Along with incentives, invaluable health benefits, and participation rewards, there will also be cash prizes for 1st, 2nd, and 3rd place at the conclusion of the challenge for:
• Overall Biggest Loser Teams
• Overall Biggest Little Loser Teams
• Overall Individual Biggest Losers (who are not part of a winning Biggest Loser/ Biggest Little Loser Team)
• Best Team Trainers (by team nomination; trainers are eligible for awards if not participating in the weight loss challenge, but are only serving to train one or more teams).

Weight Loss Tools: Biggest Loser participants are highly encouraged to make a personal commitment to learn their healthy BMI range, make changes towards a more nutritious diet and adopt daily routine exercise of one hour or more for a healthy weight loss. S&W Staff have resources available to them to help adopt a healthy diet and exercise program including discounts to local fitness centers, cycling club, half-marathon training, yoga, walking, and fitness classes. Visit http://wellness.sw.org for more information.

Eligibility: Surgical Weight Loss: We ask that staff members who have had surgical intervention for weight loss since February 3, 2011 (1 year) or plan to during the course of this program, not participate in this contest. Staff who plan to have other cosmetic procedures prior to May 4, 2011 that may result in weight loss such as liposuction or a tummy tuck, should also not participate. If you fall in this category, you may still participate as a team “trainer”.

HCG Diet: HCG is not FDA approved for weight loss. Scott & White does not support the HCG diet as a healthy weight loss program. If you are participating in a HCG diet program or if you plan to, you are not eligible to participate in this challenge.
How to Weigh-In

- The Biggest Loser challenge begins with the baseline weigh-in on Friday, February 3rd. Each member should weigh preferably between the hours of 7am – 10am and before breakfast. For exceptions to this time, team members should weigh at the same time of the day within 2 hours for each weigh-in throughout the competition. Team members who are not able to weigh on February 3rd (due to absence) may weigh and record their baseline weight after February 3rd, but not before.
- Each team must select a scale and weigh-in using the same scale throughout the competition. Requirements for the scale: A digital scale is the most accurate and is preferred. Clinical scales that are used to weigh patients may be used if a digital scale is not available to the team.
- Team members must weigh at each weigh-in wearing only a shirt (no jacket, coat, sweater), pants or skirt, and socks/hose (no shoes) and with empty pockets (no keys, cell phones, beepers, etc).
- Weights for each team member should be recorded by the team “trainer” or designee.
- Weights should be recorded to the nearest 1/10th of a pound (e.g. 159.2).
- Weekly weigh-ins for each team member will be obtained on Fridays beginning on February 3rd and continuing through to May 4th. For planned Friday absences, staff may record weights on prior Thursday (except for the baseline weigh-in which can only be done on Feb 3 or after.)
- Final weigh-in will be on May 4th. The previous weight recorded will be used as the final weigh-in for team members who are absent on May 4th. No team member weight will be accepted after May 4th.
- Teams should email their weekly Biggest Loser Weight Chart spreadsheet to biggestloser@swmail.sw.org by the Monday following each weigh-in. The electronic spreadsheet has been formulated to automatically calculate percentage body weight lost per member and for the team.
- Team weight-loss progress will be periodically shared through internal communications and reported as total percentage lost.

Weight Gain Rule (For Returning Biggest Loser Participants)
The Biggest Loser Challenge was created not only to encourage fun ways to exercise and reach a healthy weight loss, but also to encourage staff members to adhere to and maintain these healthy life-long habits. Those who have participated in past Biggest Loser Challenges will have a baseline weight gain limit based on which challenge they previously participated in. This rule DOES NOT mean that you cannot participate if you have gained more than 5, 10, or 15 pounds, but will simply determine your baseline weight maximum for the competition. Select the most recent challenge you participated in.
- 2011 Spring Challenge (January 3 – April 29, 2011) – End Weight plus 10 lbs.
- 2010 Fall Challenge (June 4 - October 22, 2010) – End Weight plus 15 lbs.
- 2010 Spring Challenge (Jan 4 - April 30, 2010) – End Weight plus 20 lbs., and so on.

For example: You completed the Spring 2011 challenge. Your April 29, 2011 Final Weight was 200 lbs. You joined the 2012 challenge and your baseline Weight is 225 lbs. Record your baseline weight as 215 lbs. Percent loss totals will be positive until you reach your corrected baseline weight.

Final Weigh-in Team Rankings and Prize Determination
The three highest weight loss percentages from your group will go towards your teams’ rankings. This rule will allow teams that lose a member during the competition due to illness, injury, or other to finish the challenge without penalty or having to find a replacement member. HOWEVER, when determining prize ranking for teams finishing with 4 participants, the team member with the lowest percentage of weight lost must be at least 5% by the end of the challenge in order to be dropped. For example:

| Team member 1: -10.2% | Team member 1: -10.2% |
| Team member 2: -20.6% | Team member 2: -20.6% |
| Team member 3: -15.3% | Team member 3: -15.3% |
| Team member 4: -6.2% | Team member 4: -6.2% |
| * The value from team member 4 will be dropped | * The value from team member 4 will NOT be dropped |

For information about registration or questions about the competition, contact Lisa Reeve at 254-724-7878, biggestloser@swmail.sw.org, or visit http://wellness.sw.org