

**Answer IS Fitness™**

# Biggest Winner 2010

**6 WEEKS TO MAKE  
A DIFFERENCE!**

## **5 TOP WINNERS!**

(highest % weight loss)

**Biggest Winner = \$500**

**2<sup>nd</sup> Place: \$400**

**3<sup>rd</sup> Place: \$300**

**4th place: \$200**

**5th Place: \$100**

*\*Additional prizes will be given out  
at Saturday group workouts!*

*Additional prizes awarded throughout  
the 6 weeks at Saturday events!!!*

# **RULES and REGULATIONS**

- I. The contestant who loses the highest body weight percentage wins the Biggest Winner 2010. Each contestant is responsible for attending all 3 official weigh-ins.
  - a. Initial – March 13th, 2010
  - b. Mid Point – March 27th, 2010
  - c. Final – April 24th, 2010
  1. Each contestant will be weighed on the official AIF scale.
  2. Each contestant's weight will be recorded on the official AIF weigh-in card stored by the training staff.
    - a. Contestants must attend all three weigh-ins. If there is a serious exception, an alternate time or day may be scheduled for the mid-point weigh in only.
- II. Contestant Standings (i.e. weight loss %) will be posted in the lobby of Answer is Fitness on or before the Tuesday after the official weigh-ins.
- III. We at Answer is Fitness want you to experience the benefits that come with living a healthier lifestyle. We want you to achieve your goals safely and effectively.
  1. Working hand in hand with a Fitness Professional is encouraged, but not required. We are offering a special 6 1/2hr package for \$249 with your registration fee.
  2. Use of any weight-loss narcotics, substances such as ephedrine, is prohibited and is grounds for disqualification.
  3. No one who has undergone gastric by-pass or other weight loss surgeries will be qualified to win.