**2015 Biggest Loser and or Fitness Challenge**

**(You may choose to do one challenge or both challenges)**

**Take one step at a time toward a new you!**

**Biggest Loser Information and Rules**

January 26th to March 20th—8 weeks

Initial weigh in with registration form

Due Friday, January 23rd. Final weigh in due Friday, March 20th.

Team with the highest percentage of weight loss will win gift baskets to include Fit Bit, yoga mat, gift certificates and more.

Form teams of 2 or 3 and designate a team captain

Email team name, team member names, teams total weight, digital before picture for use on wellness website, to Judy by Friday, January 23rd at jmcgahey@eup.k12.mi.us

Use the same scale for initial and final weigh in and mail final team weight and digital after picture to Judy by Friday, March 20th.

Participate in challenges to be announced weeks 2, 4 and 6 and you will be entered into a drawing for prizes.

All participants will be entered to win weekly prizes.

**Fitness Challenge Rules**

* Individual participants must email initial results of exercises to Judy by Friday January 23rd.
* Meet at the Norris Center Ice Rink Top level to record results of initial exercises on Thursday 1/22/2015 from 3:30 to 5 p.m. If you are unable to meet at this time you may do the exercises on your own and record the results.
* Exercises must be done the same way at initial recording and at final recording.
* Pick four of the five exercises listed and record results.

1. Hold a plank on forearms for as long as possible and record time.
2. Do as many push ups as possible in one minute and record number. Initial and final push ups must be done the same way either on knees or not on knees.
3. Do as many full sit ups as possible in one minute.
4. Run a mile or walk a mile. If you choose to walk you must walk the entire mile and during final recording. If you run you may drop to a walk if needed. Record time needed to complete one mile.
5. Do as many squats as possible in one minute. Record results.

* Meet at the Norris Center Ice Rink top level on Thursday March 19th from 3:30 to 5 p.m. to record final results of exercises. If unable to meet record on your own.
* Email final recordings to Judy by Friday 3/20/2015.

Participate in challenges to be announced week 2, 4 and 6 and you will be entered into a drawing for prizes.

All participants will be entered to win weekly prizes.