



INSTRUCTION & REGISTRATION AGREEMENT

The PEF Lose to Win Kick Start to Summer Challenge is set to begin! In the 2016 Kickstart to Summer Challenge, 10 participants lost 42.2 pounds during the 6-week challenge. PEF invites all Region 8 members and retirees to join us for a successful kick start to the summer season.

New in 2017, PEF Lose to Win Buddy Program! To participate in the Kickstart to Summer Challenge, you MUST join with a buddy! Choose another PEF R8 Member and join Lose to Win. Yours and your buddy's initial weights will be added together and the buddy team that has lost the largest percentage of weight together at finale will win the PEF Kickstart to Summer Challenge.

The program begins April 24th and runs through June 19th. The cost to participate is a non-refundable fee of \$30; \$5 of which will be returned to each participant that weighs in at the mid-point weigh in on May 22nd. There will also be a prize at mid-point for the team that loses 12 pounds total by mid-point. That is 1.5 lbs per week per team member, which is an acceptable and recommended amount of weight loss. Registration and weigh in dates and times are as follows:

Intital Weigh In:

Monday, April 24th

- 12:00 - 1:00 pm 3rd Floor 1 Commerce Plaza
- 5:00 – 6:00 pm at PEF Headquarters, Rte. 7, Latham

Mid-Point Weigh In: RSVP required – Healthy refreshments provided:

- Monday May 22nd; 6:00 – 7:00 pm – PEF Headquarters, Rte. 7, Latham

Final Weigh In and Reception: RSVP Required

- Monday June 19th; weigh-in 5:00 – 6:00 pm – PEF Headquarters, Rte. 7, Latham, followed by a healthy reception

Linda Carignan, EAP Wellness Coordinator, will be the official person to weigh in/out. Note: Members should consult his or her doctor before starting any weight loss program. Also, in fairness to all participants, if you have had Gastric Bypass within 1 year of the start of this program, please do not apply to participate.

Participants are encouraged to motivate each other and will have access to other members in the program via a private Facebook page. Here they can pal up with other participants to go to the gym, set up walks within their agency, and more. Throughout the 8 week journey you will receive weekly motivational email messages and wellness direction from EAP Wellness Coordinator, Linda Carignan.

To successfully complete the program and receive your certificate of completion, you and your buddy must Weigh in and Weigh out by designated dates. The program WINNERS will be the top 3 buddy teams who have lost the "highest percentage of weight." Depending upon participation, other prizes will be awarded. This session we will also include a "Turtle" program based on suggestions from past participants. A portion of the pot will be held over for the beginning date of the 2017 Holiday Challenge. Those wishing to continue after the 6/19 Finale would weigh in the start day of the Holiday Challenge. The buddy team with the highest percentage of weight loss overall from 6/19 – Holiday Challenge initial weigh in date will win the amount

held over.

Those completing the program will receive a certificate of participation, and the winners will be honored at a Healthy Reception on June 19th, 2017, the date of final weigh in. The winning buddy teams, 1st through 3rd place, will receive a cash prize (monetary value to be determined), and earn the title of PEF's 2017 Lose to Win Kick Start to Summer Challenge WINNERS! If you have any questions regarding the Lose to Win Kickstart to Summer Challenge program feel free to contact Linda Baker at lindabaker0916@yahoo.com.

LOSE TO WIN REGISTRATION FORM

Membership ID number: _____ Division: _____

Participant Name: _____

Work Address: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Work Phone: _____

Home Email Address: _____

(IMPORTANT!!! PLEASE FILL OUT EMAIL ADDRESS LEGIBLY!)

Do you want to participate on the Lose to Win Facebook Page? Yes _____ No _____

Do you have a Fitbit? Do you want to participate in Fitbit Weekly Group

Challenges? Yes _____ No _____

Fee: \$ 30.00 Makes Checks Payable to PEF Region 8 Women's Program.

DO NOT WRITE BELOW THIS LINE

For Committee Use Only

Start weight _____ Location weighed in _____

End weight _____

Total _____

Multiply 100 _____

Divide Start weight _____

Percentage lost _____

Pounds Lost _____