



Join Parks and Recreation for the Shape Up Excelsior Springs Weight Loss Challenge! During this 8-week Challenge, participants will weigh in each week and participate in healthy activities. Weight loss will be based on percentages. Weekly and Overall winners will receive gift cards and other prizes! **This session you can also sign up with a partner to compete against other groups.**

Registration Deadline: March 28th, 2012

Competition: March 29th – May 24th

Challenge rules and info:

- Participants will weigh in each week on Thursdays at the Community Center between 8 am-5:00 pm OR call us and make an appointment. Participants can do a full body analysis on their Initial Weigh in!
- Weekly and Overall winners will be based on weight percentage lost.
- Participants will pay \$1.00 if they maintain the same weight.
- Participants will pay \$1.00 per pound gained each week. (If a person gains 2 lbs, then they pay \$2.00)
- If you do not weigh in (without notification) at the weekly weigh-in, you will pay in \$1.00 and you are not eligible for prizes that week.
- Weekly winners will receive gift cards; Overall winner will receive gift cards and other prizes. Prizes for winners depend on amount of participants signed up.
- Registration fees and weekly pay-in's go towards shirts and prizes for participants.
- Shape Up Schedule:
 - Initial Weigh in: Thursday, March 29th
 - 1st Weight in: Thursday, April 5th
 - 2nd Weigh in: Thursday, April 12th
 - 3rd Weigh in: Thursday, April 19th
 - 4th Weigh in: Thursday, April 26th
 - 5th Weigh in: Thursday, May 3rd
 - 6th Weigh in: Thursday, May 10th
 - 7th Weigh in: Thursday, May 17th
 - 8th Weigh in: Thursday, May 24th
- Healthy Activities—If you participate in these activities your name will be put in for additional prizes!
 - Keep a Food Journal from March 29-April 4 and turn it in on April 5
 - April 28-Zumba at the Community Center at 8:30 am (must pay class fee)
 - May 12-Group walk in the Siloam Mountain and East Valley Parks. Meet at Siloam Mountain Park at 9:30 am.
 - May 19th-Melanoma 5K Family Fun Walk in Smithville; email melanomamiracles@att.net for more info.
 - Fitness classes with Elaina—Participants can receive \$5.00 off monthly session fees or \$2.00 off a walk-in fee for Complete Fitness or Zumba. Check class schedule for class details.



Complete and Enclose \$15 Registration Fee

Name: _____ Sex: _____

Mailing Address: _____

City/State/Zip Code: _____

Phone: _____ Date of Birth: _____

Email: _____

Adult T-shirt Size (Circle) Small Medium Large XLarge XXLarge XXXLarge

Partner (optional): _____

____ Yes, I do want my picture taken for publicity purposes relating to Shape Up.
____ No, I do not want my picture taken for publicity purposes relating to Shape Up.

Please answer the following questions—
How often do you currently exercise?

- _____ I don't
- _____ Once or twice a week
- _____ 2-3 times a week
- _____ More than 3 times a week

What type of exercise do you currently take part in?

- _____ Cardio (running, walking,
- _____ Strength training
- _____ Stretching
- _____ Yoga/Pilates
- _____ Other _____

Waiver:

In consideration of my (and/or my child's) participation in this activity, I hereby release and discharge Excelsior Springs Parks and Recreation and the City of Excelsior Springs, Missouri, and its representatives, successors, and assigns from any and all liability arising from accident, injury and illness that I (he/she) may suffer as a result of my (our) participation in this activity. I (we) also will follow the rules and regulations set by the Excelsior Springs Parks and Recreation and above named parties. Parent or guardian must sign for anyone under the age of 18. I do hereby grant and give these groups the right to use my or my child (s) photograph or image with or without my or my child's name, both singly and in conjunction with other person or objects and presentation, advertising, publicity, and promotions relating thereto.

Signature

Date