



CHARLES & BARBARA DUBOC
CARDIO HEALTH & WELLNESS CENTER

2019 Weight Loss Competition Registration
Please Clearly Complete the Following Information—
Photo ID Required—Attach Copy

PLEASE PRINT ALL INFO CLEARLY

Name (Last / First): _____
LAST NAME FIRST NAME

Date of Birth / Sex: _____ Sex: M / F
MONTH / DAY / YEAR CIRCLE ONE

Registration Location: Plaza / SLN / SLS / SLE / Other (list): _____

Email: _____

Address: _____

City / State / Zip: _____

Phone / Cell / Other (circle one): _____

Payment Type: CASH / VISA / MASTERCARD / AMEX / DISCOVER / Check # _____

Registration Partner: _____

How did you hear about WLC? _____

Prior Participant? / Goal Pounds to Lose: Y / N Goal Pounds Wanting to Lose: _____

Weight Loss Competition Winner Notified by July 12, 2019

ID Number: _____ Height _____

Baseline Weight _____ Third Weight _____
(Apr 1, 2, 3, 4, 5) See individual sites for dates/time (May 29, 30, 31)

Second Weight _____ Final Weight _____
(May 1, 2, 3) (June 24, 25, 26, 27, 28)

Every four weeks you will have the opportunity to have your weight measured and recorded for a total of four weigh-ins. To be considered for prize monies, you **must** weigh-in during the registration week in April for your baseline; and you **must** weigh-in during the final weigh-in at the end of June.

During this time, participants may find it helpful to participate in our Cardio Health & Wellness Program, which is covered by most insurance plans. In addition, information and encouragement will be available through weekly emails, information posted on the Cardio Health & Wellness Center website at www.cardiowellnesscenter.org and on our Facebook page <https://www.facebook.com/cardiowellness/>.

Winners are determined by the greatest percent reduction in weight. Prizes depend on the number of participants in the male and female category. Five dollars (\$5) of each entry fee will be applied towards administrative costs of the program. The remainder of the money is distributed among the winners. There will be a first (75%), second (15%) and third (10%) place prize monies for male and female category. Winners will be notified by July 12, 2019 by phone, email, and initials listed on the Cardio Health & Wellness Center website and Facebook page. Encourage everyone you know to compete – it will increase the prize money awarded.

Full rules listed on back and include the following: Participants must be 16 years old, at least 12 months from pregnancy, gastric bypass or lap band procedure, laser, fat-freeze or liposuction, and not participating in a medically managed weight loss program, or a program attached to a specific supplement/food product (ie HCG diet, Medi-Weightloss, Slim4Life, Nutri-System, Jenny Craig, etc. *Weight Watchers is an approved program*). Photo ID will be required and winners are required to supply their valid social security number in order to redeem an award.

Signature _____

Date _____

2019 WEIGHT LOSS COMPETITION

- I have read and understand the rules of participation for the elected competition. I consent to the screening required for participation.
- I understand these competitions are not under the supervision of any physician or other healthcare professional, and no physician/patient relationship is created by my participation.
- I assume full responsibility to determine, with my own health care provider, whether the elected competition is appropriate for my physical and medical condition, and to seek medical help for any health concerns I may have during the course of the competition.
- I understand that I must be at least 16 years old to participate.
- I understand that I must be at least 12 months from pregnancy, gastric bypass, lap band procedure, laser, liposuction, fat-freeze, or other type of procedure for weight loss.
- I understand that I cannot be a current participant of a medically managed weight loss program or a program that is attached to a specific supplement/food product (ie HCG diet, Medi-Weightloss, Slim4Life, Nutri-System, Jenny Craig, etc. *Weight Watchers is an approved program*).

I understand that if I am a prior participant, I must be within 20 pounds of my last participating weigh-in (within the last three years).

- **Example:** If initial weight was 150 in a prior year and final weight was 125, you could not weigh more than 145 to participate in current year ($125 + 20 = 145$). Our goal at CWC is for you to not only lose weight but also maintain a healthy lifestyle.
- I understand I may cease participating at any time, but the collected registration fee is non-refundable.
- I understand my personal information will not be released to third parties without my consent. I agree that the decisions of Saint Luke's Cardio Wellness Center will be final and binding in all matters relating to the competition.
- I am solely responsible for the reporting of, and payment of, all taxes involved as a result of any winnings. Winners will be required to supply their valid social security number in order to redeem an award.
- Any questions regarding the 2019 Weight Loss Competition can be directed to Lori J Wilson at 816-751-8480 (ljwilson@saintlukeskc.org) or Tammy Gazzano at 816-751-8327 (tgazzano@saintlukeskc.org).

No refunds once enrolled in Competition