



BIGGEST LOSER

Union County Family YMCA
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FAQ'S

Do I have to be a Union County Family YMCA member to participate in the Biggest Loser contest?

- ***No, anyone can participate in the contest. However, you must be a YMCA member to use the facility. Non members interested in using the facility can purchase a 3 month membership pass at the Customer Service Desk.***

Do I have to weigh-in? If so, when can I weigh in?

- ***Everyone participating in the Biggest Loser Contest must schedule a weigh in at the beginning and the end of the contest. The Union County Family YMCA will offer optional weigh ins on a bi-weekly basis.***
- ***The first weigh in will be the week of January 14th, 2008***
- ***The last weigh in will be April 5th, 2008***

How much does the Biggest Loser contest cost?

- ***Each team fee is \$125.00.***

What should we expect for \$125.00?

- ***2 body compositions and weigh ins per person***
- ***Bi-weekly optional weigh-ins***
- ***Newsletters and mini consultations with each weigh-in***
- ***A chance to win \$250.00 or \$125.00 for your team in gift certificates***
- ***Discounts on Personal Training Packages, Last Chance Work-outs and Massage Therapy.***
- ***Exciting FREE team challenges to keep your team focused and active***

How many team members do I need?

- ***Each team needs to consist of 5 team members. One team member must be the captain. A captains meeting will be held on January 8th, 2008 at 6:30 P.M.***

What are the Team Captain Responsibilities?

- ***The YMCA will communicate with the team captains on special dates and events and information teams need to know. The captains will be responsible for communicating with the teams.***

How do you determine who wins?

- ***The winning team is determined by the highest percentage of combined weight loss.***



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