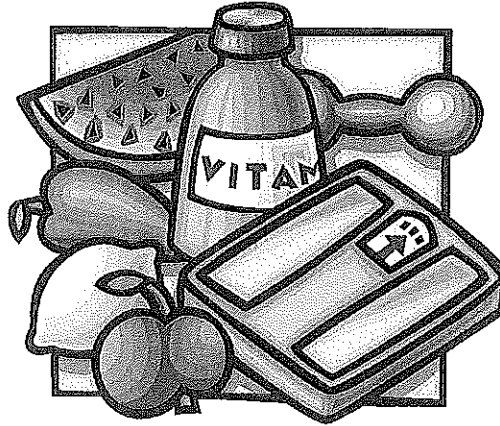


The Wiscasset Parks & Recreation Department

presents



“Hall’ s Weight Loss Challenge”

Join Lisa Hall and the fitness team from Hall's Martial Arts for our “Weight Loss Challenge”.

Hall's Weight Loss Challenge is a 6 week program that will push you to break through your mental and physical barriers. We are looking for 8 teams of 4 to compete against each other. So, if you are ready to make some serious changes in your life, if you are ready to work hard, lose weight and get fit then you need this program. We will guide, support and challenge you to make necessary changes. The team competitions offer extra fun and will motivate you to work harder for yourself and your team. If you give 110% for the entire 6 weeks, this program will change your life!

STARTS: Monday, January 2nd at 6:00pm (Weigh-In)
ENDS: Friday , February 10th at 6:00pm (Final Weigh-In)

TIME COMMITMENT: All the challenges can be done on your own time. Weigh-in is every Friday so you will need to weigh-in at some point during the day. You need to be available every Monday at 7:00pm for the punishment work outs

COST: Member: \$150.00
Non-Member: \$200.00
Punishment Workout fees: \$1 & \$10
(Classes are included in the challenge)

CLASS SCHEDULE:

Monday: 6:00pm Punishment Workout
Wednesday: 5:00am Kickboxing/Cross Training
Friday: 6:00pm Weigh-in & Kickboxing/Cross Training

Lisa Hall
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"Hall's Weight Loss Challenge"

COST

Member: \$150.00 for the 6 week challenge (Kickboxing/Cross Training classes included)

Non-Member: \$200.00 for 6 week challenge (Kickboxing/Cross Training classes included)

REGISTRATION

-All registrations and payment must be prior to first class.

-All participants must be weighed in and have their before photo done by Monday, January 2, 2012

TIME COMMITMENT

-This challenge starts on Monday, January 2nd and ends on February 10th (Final Weigh-In)

-Lisa will email the first challenge prior to Monday, January 2nd so you can be ready to start on Monday.

-The punishment workout will be every MONDAY at 6:00 p.m.

-Weigh in is every FRIDAY. (4-6pm @ the WCC or by appointment with Lisa)

-Everyone must be weighed in by 6:00 p.m. on Friday for your weigh in to count.

-All the challenges can be done on your own time.

CHALLENGES

-Lisa will provide a challenge every week and each person will earn points for their team. The team with the most points will be exempt from the "punishment" the remaining teams will be required to attend the "punishment" work out which will be held the following Monday at 6:00pm

-Some of the challenges will focus on fitness and some will focus on diet and nutrition.

-Every challenge will push you to break through your mental and physical barriers

-Challenges will run Monday thru Sunday

-All points must be emailed to me by 5:00 on Sunday in order for your points to count. If your totals are not in by 5:00 they will not count for your team

"PUNISHMENT WORKOUT"

- Every person that is required to attend the punishment will have to pay \$1.00 to the pot
- If you are required to attend the "punishment" and do not attend you will be required to pay \$10.00 to the pot
- If you do not pay your fines within 3 days you will be disqualified from the challenge

WEIGH-IN

- Weigh in is every Friday
- Everyone must be weighed in by 6:00 on Friday for your weigh in to count.
- Weigh in from 4-6pm @ the WCC or by appointment with Lisa

POINTS

Points are accumulated on the honor system. Remember, at the end of the week the scale won't lie.

PRIZES

- The team with the highest weight loss percentage will each win a \$100.00 gift certificate to the WCC.
- The individual person with the highest weight loss percentage will win the "pot"
- To qualify for a Gift Certificate you must weigh in at the scheduled weigh-ins and participate in the challenges

TEAMS

- You are required to put together your own team.
- Lisa or the WPRD may be able to help if you need to find people to complete your team
- Every team must start the challenge with 4 team members
- Your team will be "closed" as soon as every person on your team has registered and paid
- Once your team is "closed" you can pick a color to represent your team
- If someone on your team drops out it is your responsibility to replace them.
- Teams can vote a member off their team if it is a unanimous decision

*Remember several people drop out of every challenge. Pick your team wisely. If you have to talk someone into doing this challenge there is a good chance they will not make it to the end.

MISCELLANEOUS

*Weight loss totals are determined by the percentage of weight loss.

*If weight loss is your goal I highly recommend that you purchase a heart rate monitor. The heart rate monitor will tell you exactly how many calories you are burning at every work out. It will also tell you if you are in the right heart rate zone. If you do purchase a heart rate monitor make sure it is the one with the chest strap and that it calculates calories burned

*Lisa will be communicating with everyone via Facebook if you have a team mate that does not have Facebook it will be your responsibility to relay all important information back and forth.

*If you have not already signed up for an online calorie counting site, you should do so to start getting used to it. I recommend

<http://www.sparkpeople.com/> or <http://www.my-calorie-counter.com/>

DISQUALIFICATION

Lisa reserves the right to disqualify anyone for improper behaviors & actions. This program supports creating a healthy lifestyle. We do not support the use of diuretics, laxatives, cleanses and any other unsafe means to lose weight such as dehydration, starvation, vomiting.

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Hall's "Weight Loss Challenge"

Registration Form

Name _____ DOB _____

Address _____

Home Phone _____ Cell Phone _____

Email address _____

Liability and Release Agreement

I, the undersigned, hereby expressly and affirmatively state that I wish to participate in LISA HALL'S WEIGHT LOSS CHALLENGE I understand that this challenge will involve extreme physical training and I will be pushed to work past my current abilities to increase my strength and endurance. I understand that I will be expected to walk, run, jump rope, do sit ups, push ups, and a variety of kicking and punching as well as other cardiovascular, strength and weight training. I realize that my participation in these activities and/or in the use of the equipment involves various risks of injury and even the possibility of death. I understand that it is my responsibility to seek the advice of my physician before, after and during this challenge and as concerns arise.

I have read the above and voluntarily choose to participate, assuming all risks of injury and death which may arise due to my participation. I do hereby waive, release and forever discharge Lisa Hall and the Town of Wiscasset and it's employees and representatives from any and all responsibility or liability for injuries or damages resulting from my participation in any activity pertaining to this program and any activity held at Wiscasset Community Center or elsewhere. I do also hereby release all of those mentioned and any others acting on their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the ordinary negligence of the program or any of its agents due to any such ordinary negligent act or omission of any of those mentioned or others acting on their behalf or in a way arising out of or connected with my participation in any of the contemplated activities or in the use of equipment through Wiscasset Parks & Recreation Department or otherwise. I acknowledge that this release is given in advance of any injury or damage to me and that it includes injury or damage to me caused by the ordinary negligence of those released hereby but shall not apply to any claims related to willful/wanton/criminal/intentional conduct or acts of those who are otherwise released hereby. _____

I understand that it is my responsibility to seek the advice of my physician before, after and during this challenge and as concerns arise. _____

I understand that the full program fee is owed whether I finish the program or not. _____

I understand that this program is non refundable and non transferable. _____

I understand that in order to be eligible for the prize I must participate in the challenges and all the weigh ins. _____

I understand that team members can be voted off their team if there is a total of 4 votes to remove a member. I understand that if I am voted off my team my payment is non refundable _____

I understand that if I am required to attend the punishment I will have to pay \$1.00 to the pot _____

I understand if I am required to attend the "punishment" and do not attend I will be required to pay \$10.00 to the pot

I understand that if I do not pay my "fines" I will be disqualified _____

I understand that I can be disqualified for behavior / actions that are deemed inappropriate for this weight loss challenge _____

If you have read, understand and agree please sign

Signature _____ Date _____