



Rules and Liability Waiver

The goal of the Town of Apple Valley **Mayor's Weight Loss Challenge** is to provide a fun and friendly competition to encourage citizens to lose weight, while establishing healthy eating and fitness habits. Under the umbrella of Healthy Apple Valley, and with the support of St. Joseph Health, St. Mary, the program will include twice-monthly weigh-ins as well as optional classes on nutrition and healthy weight loss, and opportunities to "Walk with the Mayor."

Eligibility

- Must be a resident of Apple Valley
- Must be 18 years of age or older by January 25, 2016

Rules

1. Participants certify they are physically able to undertake a weight loss effort. Individual weight loss results vary and participation in the Challenge does not guarantee weight loss. Factors such as diet and genetic makeup, overall health, or physiological differences may influence weight loss. Please consult with your physician before beginning any new nutrition or exercise program.
- Weigh-ins will be conducted at Town Hall. The first and last weigh-ins will be supervised by staff members from St. Joseph Health, St. Mary Hospital. Others will be conducted by various Town staff and volunteers. Participants must weigh in prior to the kick off on February 1; a minimum of once a month in March and April, then a final time leading up to May 9. A schedule will be provided with two weigh-in dates per month, and alternate options only during the three work days prior to the scheduled weigh-ins. Verify your ability to meet the scheduled weigh-ins prior to registration. Failure to meet this minimum requirement will disqualify you from the challenge.
 - Participants cannot have had weight loss surgery since August 1, 2015. No entrant shall use any artificial or inappropriate means of weight loss or alteration in body composition in order to win the Challenge including but not limited to liposuction, weight loss surgery or other similar procedures.
 - Participants are encouraged to lose weight in a healthy and fair manner. Please, no diet pills, laxatives, colonics, or diuretics unless prescribed for a medical condition.
 - Winners will be determined based on percentage loss of starting body weight

Example Calculation:

1. Beginning weight— ending weight = pounds lost

2. (pounds lost/beginning weight) X 100 = percentage weight lost



Participant Waiver of Liability

- I am participating on a voluntary basis in the Mayor's Weight Loss Challenge.
- I believe that I am in good health and can safely participate in the Mayor's Weight Loss Challenge. If I have any concerns about my health I will consult my physician.

"I, the undersigned, understand the following: I am aware that physical activities and active weight loss can be hazardous and I am voluntarily participating in these activities with knowledge of the hazards involved and hereby agree to accept any and all risks of injury or death. The Town is not responsible for participants injuries or damages occurring from "hazardous recreation activities" (CA Government Code 831.7). The Town does not provide participants with medical insurance or treatment for injuries. I agree to hold harmless and release the Town of Apple Valley, its officers, agents and employees from any and all liability arising from or related to my participation in Town of Apple Valley program activities. This release includes, but is not limited to, all liability for death, personal injury or property damage resulting from the active or passive negligence of the Town of Apple Valley or its agents or any defective or hazardous condition of any property or equipment owned, operated or maintained by the Town of Apple Valley. I am responsible for any loss, theft or damage to either personal or Town equipment, articles or facilities while using said equipment, articles and/or facilities.

Name (please print)

Signature

Date