



of unhealthy habits!

Competition Guidelines

Objective:

The objective of the Biggest Loser competition is to encourage faculty/staff and students to gain healthy wellness habits and lose unhealthy habits as they participate in the competition.

Dates and Times:

The competition begins on October 7th with an initial weigh in at the Leahy Center (Basement of McGurrin) or the Center for Health Education and Wellness (DeNaples 205K). The competition will continue until November 18th with a final weigh in. Participants must weigh in every Wednesday between the hours of 8:30-4pm at either location. All other wellness sessions are optional.

Weigh in:

This competition encourages healthy weight loss by creating a minimum weight for individuals competing in the Biggest Loser. Participants interested in joining must meet the minimum joining weight. Those who do not meet the minimum joining weight are still encouraged to participate in the incentive card program.

Participants must weigh in every Wednesday in either location with a staff member. The initial weigh in and final weigh in will have additional options for measurements (body fat %, blood pressure, etc.), which will be optional for participants. All information will be tracked CONFIDENTIALLY by the Center for Health Education and Wellness staff. In addition, participants will track their individual success on their individual progress cards. During weigh in #3-6, female participants are encouraged to lose a maximum of 2 pounds and male participants a maximum of 3 pounds. If participants lose more than 2(women) or 3(men) pounds during this time frame, only the recommended pounds will be registered.

Incentive cards:

Every time a participant attends a wellness session (marked on the Biggest Loser calendar) he/she will receive a Biggest Loser sticker to put on their individual incentive card. Once the incentive card is full, the participant can drop the card off at The Center for Health Education and Wellness (DeNaples 205k) to be entered in the raffle for the grand prize. After a participant fills up an entire card, he/she can begin a new card.

Prizes:

Eight prizes will be awarded to the top finishers at the conclusion of the competition based on total weight lost and total percent of weight lost. There will be a male and female winner for each category as well as separate awards for faculty/staff and students. Grand prize will also be awarded to the individual who wins the incentive card raffle at the conclusion of the program. All participants who complete the challenge (weigh in every week) will earn an official Biggest Loser t-shirt. Weekly updates will be emailed to all participants.

Nutrition Questions?:

“Ask the Registered Dietitian” will be available throughout The Biggest Loser challenge. Email valisj2@scranton.edu questions you want answered by a registered dietitian and check our website to see all the answers to the questions.

Other Information:

Participants are encouraged to look for the **Biggest Loser logo in DeNaples 3rd floor and DeNaples 1st floor cafeterias** to assist them in making healthy food choices. Also, faculty/staff and students should check the CHEW website regularly for additional information on the challenge (www.scranton.edu/chew).

