

2017

**Better Body Challenge**

**Entry Fee: \$25**

Make checks payable to:

**Get Healthy De Soto**

Mail registration waiver & payment to:

Get Healthy De Soto  
c/o D. Campbell  
431 Johnston Dr.  
De Soto, MO 63020

Would you please take a moment to help us make the Better Body Challenge as effective as possible by answering these brief questions?

**How did you hear about BBC?**

*(Check all that apply)*

- I'm a previous participant
- Newspaper article
- Newspaper advertisement
- Radio
- GHD newsletter
- Local business \_\_\_\_\_  
(Which one?)
- A friend
- Other \_\_\_\_\_

*I would like to learn more about GHD (please circle one)*

YES                      NO

For more information about GHD go to [www.gethealthydesoto.org](http://www.gethealthydesoto.org)

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c/o D. Campbell  
431 Johnston Dr.  
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**Better Body Challenge**

**12th Annual**



*A 10 week weight loss and healthy lifestyle competition.*

**Kickoff & Initial Weigh-In**  
**1/26/17**

**Final Weigh-In**  
**4/6/17**

**Location :**  
**De Soto Community Center (DCC)**  
**400 Boyd Street**  
**De Soto, MO 63020**

**For More Information Contact:**  
**Debby Campbell 636-586-4570**

Sponsored by:



# DATES TO REMEMBER



## Health Fair & Kickoff

Thursday, 1/26/17

5pm-7:30pm

## Follow-up Weigh-Ins and Work-outs

5:30-7pm for weigh-in

6:00-7:00 pm Group Workout

2-9-17

2-23-17

3-9-17

3-23-17

## Weekly Walk Sessions

Every Wednesday at 5:30 pm

## Final Weigh-In

5:30pm-7pm

4-6-17

## Location

### **all weigh-ins and workouts**

De Soto Community Center

(DCC)

400 Boyd Street

De Soto, MO

## Cancellation Policy for Weigh

–ins: If De Soto School is closed due to weather for kick-off on January 26th; BBC challenge will begin on February 2nd at same time and location.

All other weigh-in dates will be cancelled if De Soto School is closed.\*

## HERE'S HOW IT WORKS

- Weight loss competitions will begin with weigh-in & health fair on 1-28-17 5:00-7:30 p.m. at the De Soto Community Center. See cancellation policy due to inclement weather.
- All weigh-ins & activity classes to be held at the De Soto Community Center.
- There will be separate categories for men & women
- 1<sup>st</sup> place winner in each category will receive a cash prize, the amount of which will be determined by the number of entries.
- Entry fee is \$25.00. This fee covers the cost of the program and assists as a fundraiser for Get Healthy De Soto. Cost includes: 2017 BBC T-shirt, weigh-ins every 2 weeks, support & encouragement, bi-weekly fitness sessions, weekly walk sessions, and a chance to win prizes at each weigh-in.
- Participants have the opportunity to have chest, hip & waist measurements taken.
- Participants are required to wear the same attire at the first and last weigh-ins. All participants will be photographed at the first and last weigh-in for "before & after" documentation. Recommended attire for weigh-ins is form-fit clothing.
- The winning recognition "official results" will be based on percentage of weight loss. Weight loss will be measured to the 1/100 percentage.
- Participants with weight loss surgery (ie lap band) between August 2016 and April 2017 will not be eligible for prizes but are welcome to participate in the 10 week competition.

In the event of a tie in same category, cash prize will be split.

For additional information go to:

[www.gethealthidesoto.org](http://www.gethealthidesoto.org) or  
**Better Body Challenge Facebook page**

## 2017 Better Body Challenge

### Registration Form & Waiver

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Cell Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Enclosed is my entry fee for the Better Body Challenge.

Check # \_\_\_\_\_ Cash \_\_\_\_\_

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

T-Shirt Size: M L XL 2XL 3XL 4XL

For more information, please contact:

Debby Campbell, Get Healthy De Soto, 586-4570

## Liability Waiver & Release

I, \_\_\_\_\_, hereby release "Get Healthy De Soto", "De Soto Community Center, and all other entities involved in this fund-raising competition from any liability of injuries or illnesses resulting from or in any way related to the above named event.

*It is strongly recommended that all contestants be evaluated by their healthcare physician and review all exercise and weight-loss plans with that physician before implementing any changes! If under 18, parents/guardians must sign as witness for permission to participate.*

*Please note that media entities may take photographs at BBC events.*

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Parent or Guardian (if applicable): \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_