

2016

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

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

Better Body Challenge

11th Annual



A 10 week weight loss and healthy lifestyle competition.

Kickoff & Initial Weigh-In
1/7/16

Final Weigh-In
3/16/16

Location :
De Soto Community Center
400 Boyd Street
De Soto, MO 63020

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

Sponsored by:





Health Fair & Kickoff

Thursday, 1/7/16

5pm-7:30pm

Follow-up Weigh-Ins and Work-outs

1/21/16

2/4/16

2/18/16

3/3/16

5:30-7pm for weigh-in

6:15-7:00 pm Group Workout

Weekly Walk Sessions

Every Wednesday at 5:30 pm

Final Weigh-In

3/16/16

5:30pm-7pm

Location

all weigh-in and workouts

De Soto Community Center

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 7th; BBC challenge will begin on January 14th 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 1-7-16 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
- 1st 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: 2016 BBC T-shirt, weigh-ins every 2 weeks, support & encouragement, weekly group workouts, 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 2015 and April 2016 will not be eligible for prizes but are welcome to participate in the 12 week competition.

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

For additional information go to:

www.gethealthidesoto.org or

Better Body Challenge Facebook page

2016 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 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: _____