



# Marcrom's Pharmacy

**LOSE-TO-WIN**  
Weight Loss Competition

# 2018 September Information Packet

***Register Online!!***

Register and pay online at  
[www.marcromspharmacy.com](http://www.marcromspharmacy.com)

*There will be videos explaining more  
about the competition at the  
registration site!*





Dear Friend,

I am so excited that you are considering joining us for our 18<sup>th</sup> Marcrom's Pharmacy Lose-to-Win Weight Loss Competition! Our competition will last 8 weeks, beginning September 11<sup>th</sup> and ending November 6<sup>th</sup>, 2018. Listed below are several things that you can expect from the program:

- ❖ Weekly "Group Health Sessions" with great information about weight loss, nutrition, and exercise!
- ❖ The opportunity to meet new friends pursuing a healthier lifestyle, just like you!
- ❖ Special deals on Marcrom's Pharmacy nutrition products.
- ❖ Chance to earn a t-shirt!
- ❖ **FREE Blood Pressure Screenings** at Marcrom's Pharmacy for the duration of the competition!
- ❖ **½ OFF Cholesterol Screenings** for the duration of the competition (please make appointment).
- ❖ Prizes for participation! The winning team will receive **\$500** to split!
- ❖ Teams are 2 person teams and **EVERY** team can win...details to come!!
- ❖ Both our winning male and female weight loss contestants will receive **\$200 EACH!**

**How do you get started?** Attached is the official information. Please register online at [www.marcromspharmacy.com](http://www.marcromspharmacy.com). If you do not feel comfortable paying online you may pay at the initial weigh ins. If you do not have internet access and no one to help you with registration please call the pharmacy to schedule a time to come register.

Entry forms will be accepted **through September 9<sup>th</sup>**. Registration fees will go toward paying for the activities, prizes, and supplies listed above. Registration is \$79 per participant. **You probably spend that much monthly on those calorie filled drinks you have every day!!**

**IMPORTANT:** Our meetings will be at ONLINE on Youtube or Facebook. We will get together for group exercise (all levels welcome) on a weekly basis.

This competition is made up of 2 person teams. If you need to be placed on a team, we will be glad to help you out. The winning team will be based on the points competition and consistency in the program. Please note that we cannot guarantee the success of your team. ***The best course toward a successful team is to try to form your own.***

If you have additional questions before signing up, there is a video online that explains all of the details. PLEASE watch the video before sending questions. If you have questions following the video – PLEASE ask!!

**We are excited about helping you become the NEW YOU!!**

Sincerely,

Joe McKamey  
Program Director



## Important Info

*Here is some important info to know about Lose to Win:*

- **Registration:**
  - 100% Online
  - You do NOT have to pay online but you do have to register online. If you have NO one that can help you do this please call to schedule a time to be registered by one of our staff members
  - **DEADLINE to REGISTER:** September 9<sup>th</sup>
- **Payment:**
  - Online when you register (*preferred*) OR
  - At your initial weigh in
- **Initial weigh-ins:**
  - Sunday September 9<sup>th</sup> 1pm – 6:00pm
  - Monday September 10<sup>th</sup> 8am – 4:30pm
  - **At Marcrom's Pharmacy**
- **Regular weigh-ins**
  - Tuesdays from 8am – 10am and 4pm – 6pm at Marcrom's Pharmacy; Tuesdays immediately following Fit Club as well
  - Weigh ins outside of this time will not be counted in the competition
- **FINAL weigh ins:**
  - Monday November 5<sup>th</sup>
  - **At Marcrom's Pharmacy**
  - Time 7am – 6pm
- **Meeting Times:**
  - Kickoff meeting: September 11<sup>th</sup> at 6pm at the Conference Center
  - Regular meetings: On Facebook and Youtube
  - Fit Club (group exercise): Tuesdays at 6pm
  - Prize meeting: November 6<sup>th</sup> at 6pm at the Conference Center
- **Teams:**
  - Teams are comprised of 2 people
  - If you do not have a team you will be placed on one
- **Fit Club Dates and Locations**
  - September 11<sup>th</sup> – 7pm following initial meeting
  - September 18<sup>th</sup> – 6pm at Manchester Community Room beside County Clerks office
  - September 25<sup>th</sup> – Manchester Rotary Park (greenway – weather permitting)
  - October 2<sup>nd</sup> - NONE
  - October 9<sup>th</sup> – 6pm at Manchester Community Room beside County Clerks office
  - October 16<sup>th</sup> – 6pm at Manchester Community Room beside County Clerks office
  - October 23<sup>rd</sup> – 6pm at Manchester Community Room beside County Clerks office
  - October 30<sup>th</sup> – Manchester Rotary Park (greenway – weather permitting)



## The Points System

### *How does it work?*

Each participant in the LOSE-TO-WIN Competition will earn points for activities each week. At the end of the competition, the team that has earned the most points wins the TEAM prizes, **regardless** of their actual weight loss. The maximum total number of points per individual is XXXXXXXXXX points. Team points are calculated by combining the points of the two participants.

### *How do I earn points?*

#### **Exercise**

- Exercise will be one of the most important habits you will ever develop! These 8 weeks we want to reward you for creating that good habit!
- You will earn 15 points per minute of exercise that you report, including special activities that may be organized by the Lose-To-Win Competition Sponsors.
  - The maximum number of exercise minutes per day is 60 minutes.
  - 500 extra points each time you attend Fit Club – more details to come!
  - This should be activity that is purposeful and intentional exercise and NOT your normal day to day activities.

#### **Attendance**

- What you think about, you become! Attendance at our sessions will be motivational and educational. Our goal is to bring you an interview each week from someone that has lost a significant amount of weight and maintained their loss.
- Participating in our evening Online Meetings
  - 3000 points per meeting attendance
  - 2000 point bonus for attending every meeting (not including interest or finale)

#### **Journal**

- You might be surprised at what you are eating and how much you are eating! We will study about food, the effects of food, and proper portions!
- Keeping a food journal - 500 points/day

#### **Water**

- We will learn about the importance of being properly hydrated. 200 points per day you drink at least 64 ounces of plain, unsweetened water!

**(Continued on next page)**

## Homework

- Periodically there will be opportunities to receive points for “homework”

## Measurements and other points

- **Weekly weigh-ins** - 3000 points each
  - **Initial Weigh in** – September 9<sup>th</sup> (1pm-6pm) and September 10<sup>th</sup> (8am-4:30pm) at Marcrom’s Pharmacy (we will **NOT** be doing your measurements but we **WILL** be doing your before picture – wear something that shows where your body is right now...)
  - **Weekly weigh ins** – Tuesdays from 8am-10am AND from 3pm – 8pm at Marcrom’s Pharmacy OR immediately following Fit Club.
- **Body Measurements** - 2000 points each (beginning and end). Please find attached form, COMPLETE it, and ENTER IT ONLINE with your first set of points.
- **Before and after picture** – 2500 points each – We will take these at your initial and final weigh ins. (5000 points total)

## Team Tie Breaker Bonus Points

- For every week that you maintain OR lose weight from the previous weigh in you will receive 100 TEAM bonus points.
- These bonus points will be used to break ties at the end of the competition.
- These are NOT added to your point total.
- For the tie breaker – the top 5 individual point earners’ Bonus points will be used for each team.

## EARN Your T-shirt!!

- Lose 3% of your weight by the end of the competition AND
- Record at least 75,000 total points



## January 2018 Official Rules

1. All participants MUST complete the online registration/entry including participant information form and health release form by September 9<sup>th</sup>, 2018.
2. All participants are encouraged but not required to have the consent of their physician or other appropriate health care provider. If you have any potential concerns about the program please see your healthcare provider.
3. All participants must be at least 18 years of age prior to September 10<sup>th</sup>, 2018.
4. All prizes are to be awarded at the sole discretion of program director (Joe McKamey) of the competition.
5. Participants MUST turn in all points within 7 days of earning such points. Points should be reported via our online portal. There will be a computer available for entry at the meetings.
6. Weigh-ins that "count" toward team and individual points are from 8am – 10am and 4pm – 6pm and immediately following Fit Club. The final weigh in will be from 7:00am – 6pm Monday, Monday November 5<sup>th</sup> at Marcrom's Pharmacy. The prize finale will be at 6pm Tuesday, November 6<sup>th</sup>, 2018. We can make special arrangements to do final weigh-ins early if necessary. However, all of your points would be due at this time as well, potentially losing "x" number of days exercise, journaling, and challenges.
7. Measurements that count toward team and individual points must be turned in at the appointed times in order to earn points for the contest.
8. Team prize awards will be based on the combined points for teammates. If there is a tie, the tiebreaker will be determined by the team that has the most Team Tie Breaker Bonus points. If there is still a tie the tie breaker will be determined by the team's combined weight loss %.
9. Consistency Points are awarded for those that maintain or lose weight each week based on the prior week's weight. If your BMI is below 27 and remains below 27 at each weigh in – you will also receive consistency points.
10. Individual prize awards will be based on the individual's percentage of weight. There will be one award each for the top losing male and female. If there is a tie, the individual with the most points will be declared the winner. If there is still a tie, the individual on the highest ranking team

will be declared the winner. If there is still a tie the most consistent contestant will win. If there is still a tie, the contestants will split the winnings.

11. In order to collect ANY prizes (team or individual) your team must combine for a minimum of 150,000 points.
12. If you are caught falsifying, cheating, or lying about any portion of the competition you will be disqualified from the competition with no refund. Your points will be removed from all calculations as if you never existed.
13. To be prize eligible a participant must attend the final weigh in or make arrangements for a final weigh in.
14. Height, weight, ideal body weight, cholesterol, body measurements, blood pressure and any other measurement will be recorded and calculated by the Program Director, employees of Marcrom's Pharmacy, program volunteers, or student interns from participating universities.
15. All participants are entitled to free blood pressure screenings and ½ price cholesterol screenings for the duration of the competition.
16. There will be no refunds after September 11<sup>th</sup>, 2018.
17. Points requirements may change due to inclement weather or other unforeseen circumstances. Meetings missed due to inclement weather are not guaranteed to be replaced or made up.
18. The maximum number of total points any one person can have is 100,000.
19. All rules are subject to change or exception at the discretion of Marcrom's Pharmacy and the Lose to Win director(s).



**Marcrom's Pharmacy Lose-To-Win Weight Loss Competition Health and Liability Release**



I hereby represent and warrant that I am at least eighteen (18) years of age, a resident of the United States and in good physical and mental health and do not suffer from any mental or physical condition or disability which might render my participation in the Marcrom's Pharmacy Lose-To-Win Competition (the "Competition") hazardous to myself or to others or which would impair my ability to understand this health release.

I have been informed and I fully understand that any information given to me by experts, health professionals, physical therapists, physical therapy assistants, athletic trainers, personal trainers, registered dietitians, nutritionists, physicians assistants, pharmacists, nurse practitioners, or physicians, or anyone else on behalf of the Competition, including, without limitation, any information on weight loss is intended to be used for informational purposes only in my sole discretion. Such information is not medical advice, and I understand that I am encouraged to consult my own health care provider before using any such information, especially if I have food allergies, take any medications and/or am being treated for any illness or condition. Should I decide to use all or any part of such information, this decision shall be entirely at my own risk.

I understand that by participating in the Competition, I will be undertaking a weight loss or weight maintenance and body toning program, as well as physical exercise and training. I understand that the benefits I obtain might vary depending on many factors, including the information I provide, changes in my health and lifestyle habits, and compliance with the Competition program. I further understand that, as a direct and/or indirect result of my participation in the Competition, there is a possibility of risk of serious physical injury, physical disability and/or death to myself or others. I hereby agree and acknowledge that I am voluntarily participating in the Competition with full and complete knowledge of the risks and dangers involved. I hereby agree to accept and assume any and all risks of any nature whatsoever including, without limitation, personal and emotional injury, physical disability, and/or death and will release and hold Marcrom's Pharmacy, the City of Manchester, Beachbody, Inc., volunteers, or any other perceived participants its parents, subsidiaries, and affiliates (and their respective officers, directors, agents, employees, stockholders and sponsors) (collectively, the "Releasees") harmless from any and all liabilities, claims, demands, causes of action, damages, costs, expenses and obligation of any nature whatsoever for any such injuries, disabilities or death that I may sustain as a result of my participation in the Competition. I, for myself and for my heirs, executors, administrators and anyone else who might make a claim on my behalf, hereby agree not to make any claim against and/or sue any of the Releasees for any such death, injury or illness, whether caused by the negligence of the Releasees or otherwise.

I agree that my right to participate in the Competition is at the sole discretion of the Program Director(s) and can be withdrawn at any time. I understand that in order to participate in the Competition, I am encouraged to have the consent of a physician or other appropriate health care provider. I understand and agree that information about me, including information on this form, pictures, or likenesses of me, may be used by the Releasees for any legitimate purpose, including commercial marketing purposes and by accepting this release, I hereby consent to receiving further information about the Competition. Additionally, I understand and agree that by completing and submitting this health release and by submitting information about myself during the Competition, I may be eligible for prizes for my participation at the sole discretion of the directors of the Lose to Win competition at Marcrom's Pharmacy. I hereby represent and warrant that I have read the Competitions' Official Rules located at Marcrom's Pharmacy, and I agree to be bound by such Official Rules. The interpretation of the rules are at the sole discretion of the director's of the Lose to Win competition.

I understand that Marcrom's Pharmacy and the Lose to Win program director(s) will make every effort to properly calculate all points, body weights, and any other factor that will determine the winners of the competition. I do not hold Marcrom's Pharmacy, the director(s) of the program, nor the Lose to Win competition liable for any miscalculation if one should occur.

I verify that I have read this Health Release and Liability Waiver, understand its terms, understand that I am giving up substantial rights by accepting it, and am accepting it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my acceptance to verify each of the above representations, warranties and statements and to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_



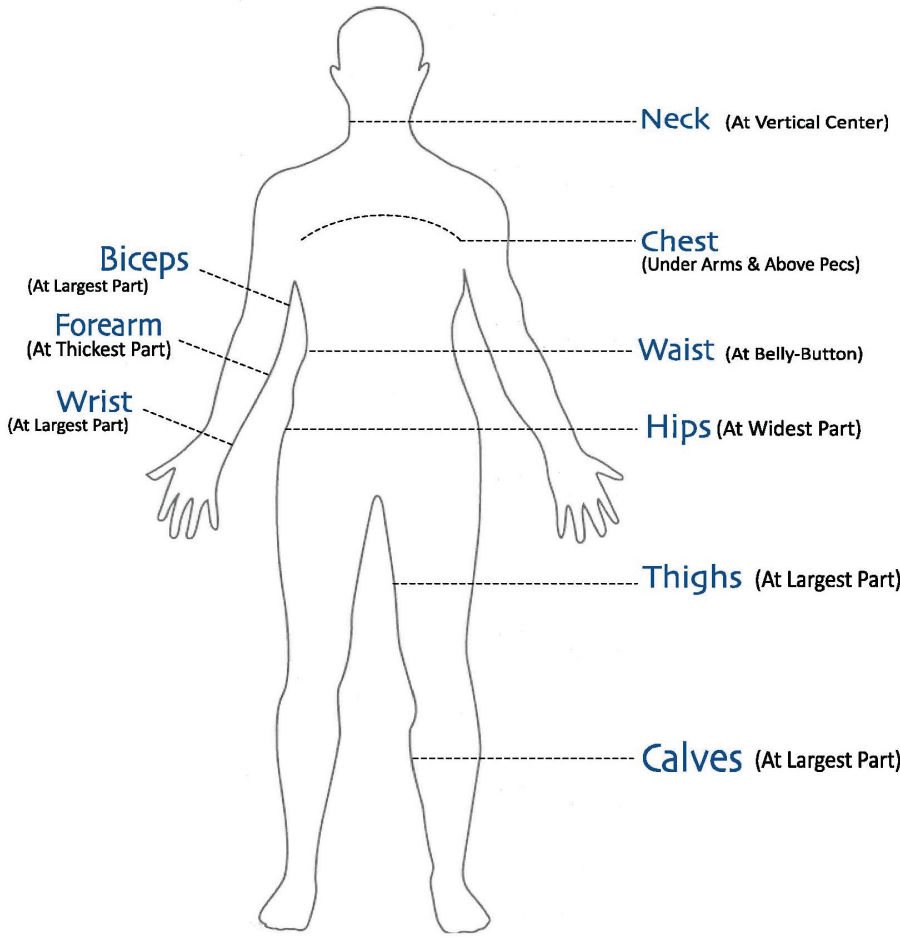


# Marcrom's Pharmacy

LOSE-TO-WIN  
Weight Loss Competition

# BEFORE

# Measurements



Tips for measuring:

1. Pull the tape snug but not tight.
2. Always take around the largest area except for the waist.
3. Make notes about where you measured—some examples: hips (drop hands to thigh and measure at fingertips), biceps (three inches from shoulder), or forearm (two inches from elbow). None of these are “magical” just a way to measure the same spots
4. Try to have the same person measure you as it is likely to be more consistent.
5. Just relax! No sucking in or pooching out!
6. Google or Youtube it for more great tips!

NAME: \_\_\_\_\_

Neck \_\_\_\_\_

Forearm \_\_\_\_\_

Hips \_\_\_\_\_

Chest \_\_\_\_\_

Wrist \_\_\_\_\_

Thighs \_\_\_\_\_

Biceps \_\_\_\_\_

Waist \_\_\_\_\_

Calves \_\_\_\_\_

*(circle one—right or left)*

*(circle one—right or left)*

*(circle one—right or left)*

Please enter these numbers online with your first set of points!