



Marcrom's Pharmacy

LOSE-TO-WIN
Weight Loss Competition

2017 January Information Packet

Register Online!!

Register and pay online at
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 16th Marcrom's Pharmacy Lose-to-Win Weight Loss Competition! Our competition will last 10 weeks, beginning January 10th and ending March 21st, 2017. 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 **\$1000** to split!
- ❖ 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. 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 January 5th**. Registration fees will go toward paying for the activities, prizes, and supplies listed above. Registration is \$99 per participant. **You probably spend that much monthly on those calorie filled drinks you have every day!!**

IMPORTANT: Our meetings will be at 6pm Tuesday evenings during the course of the program at the Conference Center in Manchester.

This competition is made up of 5-10 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 top five point earners from each team. Please note that we cannot guarantee the success of your team. The best course toward a successful is to try to form your own.

If you have additional questions before signing up, there will be an **optional** interest meeting on **January 3rd at 6pm at the Manchester Conference Center**.

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:** January 5th at 6pm
- **Payment:**
 - Online when you register (*preferred*) OR
 - At your initial weigh in
- **Initial weigh-ins:**
 - Monday January 9th 9am – 6pm
 - Tuesday January 10th 8am – 5pm
 - **At Marcrom's Pharmacy**
- **Regular weigh-ins**
 - Tuesdays from 3pm – 8pm at Coffee County Conference Center
 - Weigh ins outside of this time may be able to scheduled for your own accountability but will not count toward points and competition
- **FINAL weigh ins:**
 - Monday March 20th
 - **At Marcrom's Pharmacy**
 - Time 6am – 6pm
- **Meeting Times:**
 - Initial meeting: Tuesday January 10th at 6pm at Coffee County Conference Center
 - Regular meetings: Tuesdays at the Conference Center at 6pm
 - Final meeting: Tuesday March 22nd at 6pm at the Conference Center
- **Teams:**
 - Teams are comprised of 5-10 people
 - If you do not have a team you will be placed on one



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 100,000 points. Team points are calculated by using the five highest point earners from each team.

How do I earn points?

Exercise

- Exercise will be one of the most important habits you will ever develop! These 10 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.
 - If you maximize all of the points following you will need to **average** 25 minutes per day 6 days per week.
 - 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. We will make meetings worth your time to attend!!
- Participating in our evening Health Sessions Meetings
 - 1000 points per meeting attendance – defined as being present for at least 50 minutes of meeting.
 - To be eligible for prizes you must attend at least five (5) meetings not including the interest or finale meeting
 - 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. 100 points per day you drink at least 64 ounces of plain, unsweetened water!

(Continued on next page)

Challenges

- Challenges are meant to be motivation to form habits. These are not typically one-time or one day challenges but things that will stretch you out of your comfort zone for the whole week.
- Meeting the challenges that you set for yourself
 - 100 points per challenge met each week with a MAX of 3 per week

Homework

- Periodically there will be opportunities to receive points for “homework”
 - For you planners out there, we will have at least 2000 points total available for homework if not more.

Measurements and other points

- **Weekly weigh-ins** - 500 points each
 - **Initial Weigh in** – January 11th (9am-6pm) and January 12th (8am-5:00pm) 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 3pm – 8pm at the Conference Center
- **Health Measurements (we will measure these at the initial and final weigh-ins-don’t let us forget!!):**
 - **BMI** – before and after – 500 points each
 - **Body fat %** - before and after – 500 points each
- **Medication list** – before and after – 1000 points each (total 2000)
- **Measurements** - 1000 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** – 2000 points each – We will take these at your initial and final weigh ins. (4000 points total)
- **Final journal entry** – 3000 points – We will guide you through this process at the end of the competition.

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 1% by the February 7th meeting AND
- Record at least 10,000 points by the February 7th meeting

Special Event – CCC Relay!

- Earn 5000 points for participating in or volunteering for our event on March 11th
- Earn 500 points for every non-Lose to Winner you bring with you up to 4.
- We may offer points for you to attend other special events as well.



January 2017 Official Rules

1. All participants **MUST** complete the online registration/entry including participant information form and health release form by January 5th, 2017.
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 January 10th, 2017.
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 3pm – 8pm on meeting nights at the meeting location except for the initial and final weigh ins. The final weigh in will be from 6:00am – 6pm Monday, Monday March 20th at Marcrom’s Pharmacy. The prize finale will be at 6pm Tuesday, March 21st, 2017. 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 top five point earners of each team. If your team has less than five remaining participants your points will not be pro-rated. 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 three members that combine for the greatest percentage of weight loss.
9. 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, there will be a coin flip.

10. In order to collect ANY prizes, all participants MUST reach a minimum point total of 75,000 and attend at least 5 weekly meetings – not counting the finale nor the “interest meeting”.
11. 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.
12. Participants that do not finish will be erased from the points portion of the competition and will not be eligible for any prizes. Not finishing can be defined as the following:
 - a. Not achieving at least 75,000 points.
 - b. Not attending at least 5 meetings (not including the “interest meeting” nor the finale).
 - c. Not weighing in at least 6 times – one of which MUST be the final weigh in
 - d. Being disqualified.
 - e. Choosing to drop out of competition.
13. 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 or student interns from participating universities.
14. All participants are entitled to free blood pressure screenings and ½ price cholesterol screenings for the duration of the competition.
15. There will be no refunds after January 10th, 2017.
16. Points requirements may change due to inclement weather. Meetings missed due to inclement weather are not guaranteed to be replace or made up.
17. The maximum number of total points any one person can have is 100,000.
18. 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, City of Tullahoma, Project Diabetes, 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 _____

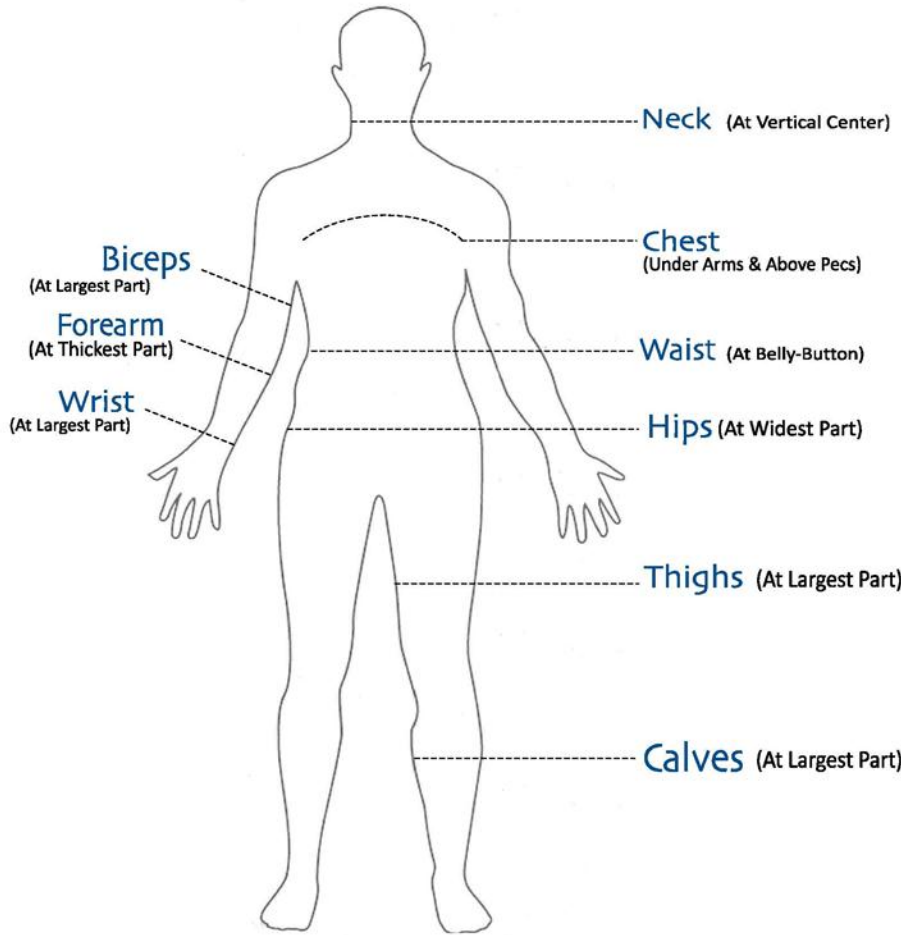


Marcrom's Pharmacy

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 _____
(circle one—right or left)

Hips _____
(circle one—right or left)

Chest _____

Wrist _____
(circle one—right or left)

Thighs _____
(circle one—right or left)

Biceps _____
(circle one—right or left)

Waist _____

Calves _____
(circle one—right or left)

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