

Slim The Nole Rules and Regulations
January 13th – February 13th
Kick Off Party: January 13th, 2023

1. Reynold's Wellness Center is hosting "Slim the Nole Challenge" from January 13th to February 13th 2023.
2. Individual's entry fee is \$10.
3. Contest begins upon individuals first weigh in date. Initial weigh-ins will start January 13th. Final weigh in February 10th-13th.
4. One winner.
5. All participants must complete the registration/waiver form and return in no later than January 13th.
6. Reynold's Wellness Center offers several classes and trainers to help participants reach their goal. These programs are **not mandatory**. They are available to help RWC members meet goals. Participants can choose to pay by class or membership to participate in classes or other RWC programs.
7. All weigh-ins are mandatory in order for participants to be eligible to win the Grand prize.
8. Water consumption – Participants must drink plenty of water/fluids throughout the competition.
9. Food consumption- NOT Eating WILL NOT be allowed! The best way to lose weight is to eat healthy foods throughout the day.
10. Excessive Exercise – Exercise is important; however excessive exercise will not be permitted it is important that you agree and acknowledge to respect your own comfort level and ability when exercising.
11. I agree and acknowledge that I have not had any form of gastric bypass/sleeve surgery within the last year or any other medical issues, conditions, or surgeries that I have been instructed by a physician that would not permit me from participating in a weight loss program. _____/_____ (initial and date)
12. The final results of the competition are based on the percentage of body weight lost.
13. All weigh-ins will take place at Reynold's Wellness Center.
14. Winners will be announced at Winner's Circle Party on February 13th at 7pm.
15. Reynold's Wellness Center reserves the right to disqualify any participant for not following the rules.
16. I agree that I am at least 18 years or older, _____/_____. (initial and date)
17. I have read and will abide by the rules of Slim the Nole.

Participant Signature

Date

