

- **“The \$10,000 Weight Loss Challenge”** is a weight loss competition that will award the top 3 people who loose the highest *percentage of body weight.
- Registration forms will be available at the kick off and will be available at the Kick-Off December 5th and will be made available at any of these sponsors locations: Kurt’s Pharmacy, the Magic Valley YMCA, Mix 103, Marod Medical Spa or online at: <http://www.kurtspharmacyhallmark.com>
- The competition will begin **JANUARY 9th, 2010** and the initial weigh in will take place from
 - 11am-4pm at the Magic Valley YMCA on Elizabeth Blvd., Twin Falls. Participants can weigh-in for the event up until **2 weeks** after the weigh-in at Kurt’s Pharmacy in the Lynwood Shopping Center.
- The deadline for all contestants to qualify for the \$10,000 Weight Loss Challenge is 4pm on **Saturday January 23rd, 2010**. At this time all contestants must have turned in their registration form, paid the \$50.00 registration fee and weighed in.
- After the initial weigh-in, participants must weigh **once a month** at Kurt’s Pharmacy in the Lynwood Shopping Center ******(February, March, April, May and the final weigh-in, in June.)
- Every participant must sign-up with a partner for the 2009-2010 contest.
- ******* Everyone must furnish an official id with picture at their initial weigh-in.
- The only items you may wear for the initial weigh-in, in January are: t-shirt (one will be furnished), tight shorts (spandex or some knit fabric), and no shoes.
- We will be taking “Before and After” pictures for the contest (these pictures are for our files). If, however, you are one of the top ten participants in the contest, your picture may be used in our advertising for the \$10,000 Weight Loss Challenge.
- **FINAL WEIGH-IN SATURDAY JUNE 19TH, 2010 (time TBA). Prizes will be awarded to the top three participants who have lost the greatest percentage of weight during the Weight Loss Challenge starting Jan. 9th, 2010 and ending June 19th, 2010.**
- The winners of this competition are the top three people who lose the highest percentage of weight. These people are guaranteed a cash prize of **\$6,000.00** for 1st, **\$3,000.00** for 2nd, and **\$1,000.00** for 3rd place!!!
- While you must have a partner for the 2009-2010 Magic Valley \$10,000 Weight Loss Challenge, all results will be determined individually.

*Percentage of weight loss is based on the contestants total body weight at the time of weigh in (January 9th-January 23rd, 2010) divided by the total amount of weight lost by the Finale June 19th, 2010.

**Only those weight recorded with Kurt’s Pharmacy will be considered part of the \$10,000 Weight Loss Challenge official weight for the contest.

***Only current drivers license or state ID permitted.

Disclaimer

** We recommend the supervision of a medical professional before changing or modifying your diet and exercise plan.*

** NO WEIGHT REDUCTIVE MEDICAL PROCEDURES of any type will be permitted (i.e. gastric-stapling, gastric bypass, Lap-Band, etc,) will be allowed. Any participant found using surgical weight loss intervention will be **disqualified**.*

Anyone found to be weighing-in initially as one person and changing identities for subsequent weight-ins, up to and including the finale, will be **disqualified.*

**You must be 18 years of age or older to participate.*

** Prescription Medications used for weight loss are permitted, but only under the supervision of a medical doctor. All prescription medications used by contestants will require a prescription for use.*

** The money awarded at this contest cannot be won by employees or family members of Kurt's Pharmacy and Hallmark, or any sponsors employees or families, however, everyone is invited to participate.*

**While we recommend that you use a reduction diet for the weight loss challenge contest, the MV \$10,000 Weight Loss Challenge does not endorse any particular diet or weight loss program. The information we supply is for your information only. You may choose any reduction program of your choice to reduce.*

**All registrations monies become the property of the Magic Valley \$10,000 Weight Loss Challenge.*

**You must sign-up with another person for the 2009-2010 Magic Valley \$10,000 Weight Loss Challenge. You and your partner must weigh-in at Kurt's once a month during the challenge and at the June Finale in order for you to be eligible for any of the prize money. While it is not necessary that you weigh-in at the same time each month, Kurt's must have an official recorded weight each month for*

each partner, and for the June Finale in order for you to be eligible for the prize money.

**All prize money will be rewarded according to each participant's individual results. It is not a requirement of the Magic Valley \$10,000 Weight Loss Challenge that prize money awarded be shared.*

By signing this I am agreeing to all of the rules and regulations of the Magic Valley \$10,000 Weight Loss Challenge. I understand the recommendations of the weight loss challenge and I release Kurt's Pharmacy and Hallmark and all of the participating sponsors of any liability.

Signature_____

DROP OFF AT KURT'S PHARMACY