

HEALTHY U CHALLENGE RULES

1. Who can accept the HEALTHY U Challenge?

- *AggieFit members
- *Any student that has paid the Wellness fee

Not an AggieFit member?

If you are not an AggieFit member, you can register for the 7 Week HEALTHY U Challenge for \$20. If you would like to continue using AggieFit after completing the HEALTHY U Challenge, you can join for a prorated fee of \$40 or \$50. Price difference is determined on how you are affiliated with NMSU.

2. Participants will weigh-in at the AggieFit Assessment Room on Fridays for 7 weeks anytime between the hours of 7am and 6pm. Participants must weigh in on the *Tanita Ironman InnerScan Body Composition Monitor* to be eligible for prizes.

3. Initial weigh-in: Friday, January 22nd, 2016

Official Start Date: Monday, January 25th, 2016

**Final weigh-in:* Wednesday, March 9th, 2016 (the winners will be calculated over spring break)

4. Participants will be divided into Men and Women categories and further divided into categories by age (< 39 & > 40). This is to ensure multiple winners!!!!

5. Weigh-ins will be conducted throughout the HEALTHY U Challenge and will consist of:

- *Beginning weight
- *Current weight at weekly weigh-ins
- *Total weight lost
- *Percentage of weight lost

*In order to be eligible for prizes listed in section 7, participants must be present for all 7 weigh-ins.



AGGIEFIT

For more information please call 646-2907 or email aggiefit@nmsu.edu

6. Progress can be viewed (printout or email) by participants at any time by contacting the AggieFit Office.

7. Prizes will be given out for 1st, 2nd, and 3rd place winners.

1st place – Fitbit device and 3 free sessions with an AggieFit personal trainer (valued at \$175)

2nd place – 2 free sessions with an AggieFit personal trainer and NMSU sweatshirt (valued at \$80)

3rd place – 1 free session with an AggieFit personal trainer and a towel (valued at \$45.00)

8. Prize determination:

1st place will be determined by the participant who has the greatest % of weight loss, and will follow for 2nd and 3rd place.

In order to qualify for a prize, participation must consist of 7 weeks of weekly weigh-ins on Friday.

9. Participants will have access to a personal trainer to ask questions and receive tips once a week, during the one hour timeframe that is specified on the Heathy U Challenge calendar.

10. Motivation Mondays: AggieFit will hold bi-weekly clinics to help and aid participants with guidance on weight training, nutrition, walking routines and cardio equipment.



AggieFit Healthy U Challenge

(Please return to AggieFit Office in Rm 103 or scan to aggiefit@nmsu.edu)

I, _____, hereby certify and attest that I am eighteen years old or older and recognize that the NMSU AggieFit Healthy U Challenge involves an inherent risk.

_____ (initial) The undersigned agrees to assume the risk of injury and death in its entirety regardless of cause. The NMSU Activity Center, NMSU AggieFit, its employees, and any contractors shall not be liable for injuries or damages to the undersigned, or the property of the undersigned, or by subject to any claim, demands, injuries, actions, causes of action, or even death. Furthermore, the undersigned shall not hold NMSU AggieFit or any of its employees or contractors liable for any injury or death that results from active or passive negligence on the part of NMSU AggieFit, and employees or contractors. It is also specifically agreed that NMSU AggieFit, and all employees and contractors shall not be responsible or liable to the undersigned for articles lost or stolen in connection with NMSU AggieFit, or its employees or contractors of NMSU AggieFit services.

_____ (initial) It is hereby recognized that you are willingly and voluntarily signing up to participate in this challenge, the Healthy U Challenge. We highly encourage all participants to have a medical check-up before engaging in any & all physical participation associated with this contest or any service. By signing this document below, you are agreeing to assume all risk in its entirety, including injury or death. You are instructed to STOP exercising at any time your body is experiencing any symptoms of dizziness, nausea, fainting, and excess sweating, if you feel cold, weak, and lethargic or anything relating to not feeling in control of your body. The undersigned recognizes they are in CONTROL of their body and any and all decisions they make in choosing what exercises, classes, or programs to do or not to do. You are encouraged to stop exercise and withdraw from this competition if your body experiences the above conditions. I understand that none of the following entities provides insurance coverage for my participation and that it is strongly recommended that I obtain my own accident and health insurance to cover myself prior to participating or/and am aware of possible physical injuries that can occur from the examples listed above.

_____ (initial) If the undersigned withdraws from the Healthy U Challenge for any reason, there are no refunds on any moneys paid towards the competition. Once you are committed to the competition, you are waiving the right for any refund due to any and all reasons that surround the competition, NMSU AggieFit or any of its employees or contractors.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND IT TO BE A RELEASE OF ALL CLAIMS AND CAUSES OF ACTION AGAINST NMSU AGGIEFIT FOR MY INJURY OR DEATH THAT OCCURS WHILE PARTICIPATING IN THE HEALTHY U CHALLENGE.

Participant Name: _____

Participant Signature: _____ Date: _____

Aggie ID: _____ Email: _____

Please check box if you would like to receive weekly Healthy Tip e-mails.

