



Sunraysia Health & Fitness Challenge

Expression of Interest Form

Name: _____

Date of Birth: _____

Phone Number: _____

Email Address: _____

Current Height/Weight: _____

Health & Fitness goals/: _____

Current photo attached:

Yes

No

I acknowledge that I have been informed of the requirements to be involved in the Health & Fitness Challenge and agree to abide by the terms and conditions as a participant of the event. I also agree to enter into a commitment of the full 12 weeks of the Health & Fitness Challenge and understand if I choose to not complete the Challenge I will commit to pay the donation money to SRS raised during my time involved in the event.

Signed: _____ Date: _____

Supporting businesses





The Sunraysia Health & Fitness Challenge 2010

Participant Terms & Conditions

The inaugural Sunraysia Health & Fitness Challenge will commence on February 1, 2010 and conclude on Friday 23 April 2010. As a participant in the Challenge, I agree to the following terms and conditions:

- * I will provide a medical clearance from a registered medical practitioner prior to undertaking a fitness test in the last week of January 2010.

I agree to follow Health on eighth's nutritional Program to the best of my ability throughout the 12 week Challenge.
- * When attending FIT Mildura, I agree to comply with the instructions from the FIT Mildura staff and agree to use the facilities of FIT Mildura appropriately.
- * As the Challenge is a community fundraising event, I agree to engage in raising sponsorship donations for my weight lost during the challenge. I understand the money raised is fully tax deductible and receipts will be given to each person/business providing sponsorship donations.
- * I agree to participate to the best of my ability in all challenge activities and participate in promotional opportunities (should other commitments allow me to) including allowing photographs to be taken and providing my profile details to appear in the Sunraysia Daily each week during the Challenge.

Name: _____

Signed: _____

Date: _____



The Sunraysia Health & Fitness Challenge 2010

Participants Information

- Includes: Personal training, group fitness sessions, nutrition advice, food diaries and welcome pack. A report and a program will be written for all participants. However anybody interested in being involved in the Challenge who is a current member at another Gym is welcome to Express their Interest in being involved in this Challenge. Participants will be able to attend FIT Mildura at any time free of charge in addition to their current gym, but they must attend the group session each week to have their assessment which will then be included in the Sunraysia Daily's participant profile pages each week.
- The participants must have a doctor's clearance prior to beginning the challenge.
- The ten chosen participants of the Challenge will receive the Health on Eighth weight loss Program - The Cost of these are normally \$149.00 but participants in the program will receive them free along with 20% off the sale price of protein bars and powders throughout the Challenge.
- The ten participants in the Challenge will receive a goodie bag from Health on Eighth which will consist of a water bottle, Shaker, Protein powder samples and protein bars - valued at \$50
- Health on Eighth will have folders with the entrants name and details so that when they come in and make purchases their docket will be filed and donations from these sales will be made to SRS.
- The chosen participants will receive 50% off the healthy food purchased at Sumosalad throughout the 12 weeks of the Challenge.
- The participants will receive a Health & Fitness Challenge 2010 Shirt recognizing the business support for the Challenge donated by Sportzprint.

Initial and final assessments consist of the following tests

- Height
- Weight
- BMI
- Percentage body fat
- Blood pressure
- Cardiac reaction test – 6 minute bike test to monitor how the heart reacts to moderate exercise – 4 minutes recovery
- Strength and endurance tests – push up, crunches and prone hold test
- Flexibility tests – (back and hamstring, torso flexibility)
- Girth measurements – Chest, shoulders, waist, hips, Dominant arm and thigh, calf –

Weekly Assessments consist of the following

- Weight
- Percentage body fat
- Girth measurements
- Nutrition advice and guidance

Group session involves the following

Wednesdays 6pm: A range of different activities – Group fitness. Spin classes, circuits, boxing, cardio classes.

Week prior to challenge – Last week of January

- All participants will have an initial assessment at FIT MILDURA with their nominated trainer and will be given their welcome packs.

Week 1 – 11

- 1 x 60 minute personal training session
- 1 x weekly assessment
- Group session
- Full access to gym facilities

Week 12

- 1 x 60 minute personal training session
- Group session.
- Full access to gym facilities
- Final assessment.

Cost to participants

NO COST

How the Winner will be Determined?

The Winner will be judged by his/her percentage of body fat which will be measured at an Outside Broadcast by Radio StarFM on Friday 23 April 2010 and also the amount of funds raised through their sponsors.

What does the Winner receive?

- 12 months membership form FIT Mildura with 10 Personal Training sessions valued at \$1226.00
- A \$1000 pack from Health on Eighth
- 12 months of lunches to the value of \$15.00 per week for 52 weeks to the total value of \$780.00

How do the Participants raise money?

All participants in the Challenge are expected to raise money to be donated to SRS on a per kilogram lost basis. Participants will be supplied with Sponsorship sheets which are to be completed and signed by the person sponsoring them, and it is the participant's responsibility to get the sponsorship money from those people once the Challenge is completed and the amount sponsored finalised.

Supporting businesses

