

# Participant Rules

- The results of participants' weekly weight loss and monthly body fat loss will be tabulated by Exercise Specialists & Technicians during meetings at the Wellness Center at LRMC, 700 North Palmetto Street, Leesburg.
- Contestants must weigh-in every Tuesday at the Wellness Center at LRMC between 6:00 a.m. and 7:00 p.m.
- A participant may have no more than two (2) unexcused absences at weigh-in or they will be disqualified. If a participant misses a weigh-in, they (or the team captain) must contact their local chamber to explain why they were absent. An excused absence will only be granted for extreme unforeseen circumstances and on a case by case basis.
- The winning team will have the highest percentage of body fat lost with all five team members loss added together.
- Body fat loss is defined as the percentage of body fat loss for each individual.  
Example: An individual who had a beginning weight of 150 pounds and loses 12 pounds will have had a 8% body fat loss. An individual who had a beginning weight of 200 pounds and losses 14 pounds will have had a 7% body fat loss. Together they will have lost 15%.
- Each team will elect a captain prior to the first week of the challenge. The team captain will be the main contact point for information and updates on events. Team captains should communicate regularly with their team members to stay up to date and provide support and encouragement.
- Participants are required to submitted a completed Consent, Liability, and Health Information Release form in order to participate.



LEESBURG  
AREA CHAMBER of COMMERCE

Mind, Body & Spirit Wellness

# Business Wellness Challenge

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## 2017 Business Wellness Challenge Sponsors

 Leesburg Regional  
Medical Center

 ANYTIME  
FITNESS®

*Art of Therapeutic Massage*  
by Nicki Lord

HEALTHYLIVING  
MAGAZINE

 Insight™  
CREDIT UNION

#LeesburgBWC 2017



# Awards & Prizes

Winning Team will have the highest percentage of body fat lost with all five team members loss added together.

## PRIZES:

For your business:

1/2 Page Ad in Healthy Living Magazine

A Challenge Winner Plaque for your office

Each member of the winning team will receive:

1-year membership to the LRMC Wellness Center

1-year membership to Anytime Fitness

Swag (Gift) Bag

For the overall weight loss winner

Four Personal Training Session @Anytime Fitness

Gift Certificate for Massage @ Art of Therapeutic Massage

Swag (Gift) Bag

## Benefits & Extras

### INCLUDED:

- FREE pre-contest lab work
- Two (2) 90-Day Gym Memberships: LRMC Wellness Center and Anytime Fitness in Leesburg. Classes included.
- Overall Wellness Education Series-Lectures. See Schedule
- Walking and Run Clubs

#LeesburgBWC2017

2017 Business Wellness Challenge FB Group [Wwww.leesburgchamber.com](http://www.leesburgchamber.com)



# Events & Activities

## Kickoff Celebration

Feb. 28th @Noon

LRMC Auditorium  
700 N. Palmetto St

## Weigh-in Dates

Initial Weigh-In 2-28-2017

Body Composition Testing

1st Week 3-7-2017

2nd Week 3-14-2017

3rd Week 3-21-2017

4th Week 3-28-2017

5th Week 4-4-2017

Body Composition Testing

6th Week 4-11-2017

7th Week 4-18-2017

8th Week 4-25-2017

Body Composition Testing

9th Week 5-2-2017

10th Week 5-9-2017

11th Week 5-16-2017

Final Body Composition Testing

12th Week 5-23-2017

Winning Team will have the highest percentage of body fat lost with all five team members loss added together

## Overall Wellness Series

#LeesburgBWC2017

Enter for a chance to WIN a FITBIT!

### Fitness & Exercise

March 7th

Leesburg Community Building

### Financial Fitness

March 21st

Leesburg Community Building

### STRESS MANAGEMENT

April 4th

Leesburg Community Building

### Nutrition & Diet

April 18th

Leesburg Community Building

### Financial Fitness

May 2nd

Leesburg Community Building

### Your Wellness

May 16th

Leesburg Community Building

## Results & Awards Presentation

May 25, 2017, 7:00 am Sunrise Breakfast  
Leesburg Community Building

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