

It's Time for **YOU** to  
Become The Biggest Loser



To Register:

Contact Rich Zatta at (216) 593-6298  
rzatta@mandeljcc.org  
visit [www.mandeljcc.org/biggestloser](http://www.mandeljcc.org/biggestloser)



26001 S. Woodland Road, Beachwood, OH 44122

The Mandel JCC's  
Second Annual



January 3 – February 28, 2011

- Open to adult Mandel JCC members & employees 18 & older
- 8-week weight loss contest
- Grand prize awarded to person who has largest percent of weight loss
- Over \$2,000 worth of prizes awarded
- Free t-shirt (*while supplies last*)



# The Mandel JCC's Biggest Loser 2011

## Rules & Regulations:

- You must be 18 years of age or older to participate in this program.
- The Biggest Loser competition will last 8 weeks, beginning Monday, January 3, 2011 and ending Monday, February 28, 2011.
- The Mandel JCC Biggest Loser competition is open to members and employees only. All participants must sign a waiver of liability during registration.
- Registration will begin on Monday, November 29, 2010 and will end Sunday, January 2, 2011.
- Participants who register between Monday, November 29, 2010 and Sunday, December 12, 2010 will pay \$30 to participate. Participants who register between Monday, December 13, 2010 and Sunday, January 2, 2011 will pay \$40 to participate. All participants will receive a complimentary 2nd Annual Mandel JCC Biggest Loser T-shirt after registration (*while supplies last*).
- After registration, all participants will be required to have their body weight, Omron body fat percentage and circumference measurements taken for their starting point. The assessments will be offered from December 27, 2010 through January 3, 2011. Please see website for times.
- There will be four (4) measurement sites taken. They will be around the chest, waist, hips and thigh.
- Weekly weigh-ins will be held in the Rzepka Fitness Center every Monday, for the duration of the contest (unless otherwise notified). Weekly weigh-ins are optional, however, participants must schedule a time in advance for their weigh-in with a member of the Mandel JCC personal training team. The sign-up sheets will be at the Fitness Service Desk. The available times will be every Monday from: 8-9 am, 10-11 am, 4-5 pm, and 7-8 pm.
- The final weigh-in will be held on Monday February 28, 2011. No exceptions. Those who do not do the final weigh in will not be eligible for a prize.
- There will be 5 winners in this competition: One Overall winner (male or female), two female winners and two male winners. The Overall winner will be determined by the largest overall percentage of body weight lost. The 4 runners up will be determined by the greatest decrease in percentage of body fat and the most overall inches lost. **Note: No participant can win more than one prize.**
- The prize packages will consist of the following:
 

**One Overall Biggest Loser:**

  - Four 60-minute personal training sessions including a full fitness assessment (\$260 value)
  - Three 60-minute private Pilates sessions (\$150 value)
  - Five private swim lessons (\$100 value)
  - One free month membership extension to the Mandel JCC (up to \$150 value)
  - One month upgrade or extension of Club J locker room (\$25 value)
  - Kid care gift certificate for 1.5 hours (\$7.50 value)
  - One 60-minute table massage (\$68 value)
  - 15 minute chair massage (\$15 value)
  - Pedicure (\$35 value redemption on Saturday only)
  - Manicure (\$18 value redemption on Saturday only)
  - Four tickets to any Playmakers Youth Theatre show (\$40 value)

**Total value \$900**

### Two Winners of Greatest Decrease in Body Fat Percentage & Two Winners of the Most Overall Inches Lost:

- Three 30-minute personal training sessions including a full fitness assessment (\$105 value)
  - One private pilates session (\$55 value)
  - Two individual private swim lessons (\$44 value)
  - Kid Kare gift certificate for 1 hour (\$5 value)
  - 20% discount on manicure
  - 20% discount on pedicure
  - One 30-minute table massage (\$36 value)
  - 10-minute chair massage (\$10 value)
- Total Value \$300**
- All prizes are non-transferable and must be redeemed within 90 days from date of delivery on certificate. All certificates must be redeemed through the manager of each department designated on certificate.
  - During registration all members and participants will be eligible for the Personal Training Promotion. This promotion will be \$50 off any Adult package. **THIS WILL BE LIMITED TO ONE ADULT PACKAGE PER PARTICIPANT and MUST BE PURCHASED PRIOR TO 01/02/2011. NO YOUTH PACKAGES ARE ELIGIBLE FOR THIS PROMOTION.**

### Participant Benefits:

- All participants will get their body weight, Omron body fat percentage, and measurements taken at both the registration and the final weigh-in. This service will also be offered during the optional Monday weigh-ins.
- All participants will get a 2nd Annual Mandel JCC Biggest Loser T-shirt while supplies last.
- There will be a Lecture and Workout Series hosted by the Personal Training team for all participants. There will be one 30-minute session each week for the duration of the contest and will consist of the following topics:

• <b>Week 1</b> Nutrition Basics with Dannette & Paula	Tues 1/4	6:30 pm
• <b>Week 2</b> Group Training with Jeff & Jen	Tues 1/11	6:00 pm
• <b>Week 3</b> Group Training with Terrence & Andy	Tues 1/18	6:00 pm
• <b>Week 4</b> Group Training with Terrence & Andy	Mon 1/24	7:30 pm
• <b>Week 5</b> Group Training Ryan & Chelsea	Tues 1/31	6:00 pm
• <b>Week 6</b> Group Training Emily & Jeff	Mon 2/7	7:30 pm
• <b>Week 7</b> Getting Started Running w/Dannette & Travis	Tues 2/15	6:30 pm
• <b>Week 8</b> Group Training with John & Ryan	Tues 2/22	6:00 pm

- Please visit our Biggest Loser website [www.mandeljcc.org/biggestloser](http://www.mandeljcc.org/biggestloser). This website will offer weekly updates, fit tips from the Personal Training staff and weekly highlights of participants such as pictures, stories, etc.

## Registration Form

Registration Fee: \$30 (before 12/12/10) or \$40 (after 12/13/10)

### Participant Information

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Alternate ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Number ( ) \_\_\_\_\_

Waiver of Liability \_\_\_\_\_

**THIS IS YOUR RELEASE AND WAIVER OF LIABILITY.** You individually release The Mandel Jewish Community of Cleveland, its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf. You agree that this release is effective immediately. This is important to you, so do not sign until you have had your questions answered. You provide this release freely, and without duress under the following terms:

- GENERAL RELEASE:** I hereby agree from myself, to indemnify, defend, and hold The Mandel JCC and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may at any time arise as a result of any act or thing occurring in or arising out of my participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of Ohio and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
- ASSUMPTION OF RISK:** I, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my Mandel JCC activities. You assume the risk: I, individually understand that The Mandel JCC activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself in The Mandel JCC programs. Once you sign, you are saying that you understand the risk involved and accept all of the risks.
- MEDICAL RELEASE:** I, individually further hereby release The Mandel JCC from any claim whatsoever which may arise as a result of any first aid, treatment, services, or assistance provided to me in connection with any injury that arises from activities at The Mandel JCC. A) I take full responsibility for my welfare and safety on or at Mandel JCC activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.
- INSURANCE: YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE.** You should understand that The Mandel JCC does not carry insurance to cover injuries and losses that may befall you.
- PHOTOGRAPHIC RELEASE:** I consent to be photographed and all The Mandel JCC's use of any photos of myself will be at its sole discretion.

HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

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