

Biggest Loser Competition



Join a team and train to win!

We're all winners when we reach our goals and sometimes when we work with others, reaching those goals is much easier and a lot of fun!

The reason behind the competition is to help our members set and achieve their goals. Our staff have split into teams to make it easier for members to engage on a more personal level with staff and fellow team members whenever they visit.

And joining a team means you're not alone because there will be many other like-minded members who will help keep you motivated!

THE PRACTICAL STUFF

How does it work?

All you need to do is decide which team you would like to join and sign up at The Fitness Edge reception desk. You then weigh in during 1st October and 5th October 2014, with one of our friendly staff. 11 weeks later, we ask you to weigh in again, between 15th December and 19th December 2014.

Which team should I chose?

Read our Team Profile posters up around the club for more information on each team and talk to our friendly staff at the reception desk.

Do I win anything?

Yes, if you are the overall winner, you will win a year's membership to The Fitness Edge! If your team loses the most weight, you will win 20% off your next membership.

Is there a cost involved?

There is a small fee of \$5.00 to sign up for the competition and join a team. For this, we will give you a wrist band of the colour of your team (red, green, yellow or orange) and a starter pack with some hints and tips to get you started.

How will you calculate the weight loss?

We will calculate your weight loss as a percentage of your starting weight. We will also do this for each team and calculate the winners.

How can I keep motivated?

During the 11-week competition period, we will email you every week with tips and tricks to keep you on track and help you with your motivation. You can also connect with the other people in your team, the ones that are wearing the same colour wrist band as you. Your team captain and members of staff on your team are there to support and encourage you on your journey.

