

## FLORENCE'S BIGGEST LOSER- Frequently Asked Questions



### Can anyone join Florence's BIGGEST LOSER?

No... as you can imagine we have to have some limitations with a weight-loss competition, but not many! You must be 18 year of age or older, you cannot be pregnant and criminal history could be a factor. Other than that, as long as you think and we agree that you can handle Florence's BIGGEST LOSER's fitness trainings and challenges, you are welcome!

### If I send in the registration form, am I in the contest?

Almost... but not quite yet. Your spot is *reserved* once you submit the Florence's BIGGEST LOSER Registration Form and we receive your \$150.00 registration fee. **Once you return the application (which we will send you after you register), you are officially in Florence's BIGGEST LOSER.**

### Can I get a refund if I find out I can't participate after registering?

NO! We're just joking, OF COURSE! You can get a full refund on your registration fee until January 12. Why not January 20, our Kick-off? Because January 12 will give us enough time to fill your spot. Of course, this is a fundraiser for United Way, a very worthy cause, so you could always consider a making a tax-deductible donation, just sayin'.

### Is the McLeod Health & Fitness Center membership a regular Adult membership?

Yes! By participating in Florence's BIGGEST LOSER you will have full access to the training equipment and classes at McLeod Health & Fitness Center. The wonderful trainers and staff at McLeod Health & Fitness Center, besides leading your BIGGEST LOSER group training sessions, will also offer you their Basic Orientation Session, an intensive, one-on-one, three hour clinic that will create a personal fitness plan just for you!

You will have access to the McLeod Health & Fitness Center for 10 weeks or until you are no longer a contestant in Florence's BIGGEST LOSER. If you do leave the contest early, you will be able to retain your membership to McLeod Health & Fitness Center as well as your ability to participate in Florence's BIGGEST LOSER activities for the remainder of the competition for a \$50.00 fee. Don't even think on that though – think only of making it the whole 10 weeks and WINNING!

### Is the focus only on fitness?

A truly healthy lifestyle goes well beyond fitness and includes your mind-set and nutritional choices... and we have you covered! At your very first event for Florence's BIGGEST LOSER, you will have a nutrition class with Kitty Finklea, registered dietitian/nutritionist and altogether super lady. She will meet with all of the BIGGEST LOSER contestants again in Week 2 with optional classes in Week 3 and 7. As for your healthy mind, we've enlisted the insightful Robin L. Lewis, certified life coach. She'll ignite your mind in the very first week with optional follow-up meetings in Weeks 5 and 9 to ensure you don't lose all that you have gained (wait... strike that, reverse it... don't gain all that you have lost!) During the entire contest, you will have access to Kitty and Robin via e-mail for any questions you may have AND you will also receive a daily e-newsletter filled with tips, recipes & inspiration that will serve as your daily conscience on your BIGGEST LOSER journey!

### Who will be on my fitness team? Am I competing on a team or by myself?

To your first question, we don't know yet! Isn't that fun & exciting? You will be placed on a team based on your training day/time preferences AND your physical ability. If you know someone else who is participating in Florence's BIGGEST LOSER and you want to be on the same team, you can let us know on your application. Remember, however, that you are competing as an individual. (Second question answered, check!) The challenges may have you working as a team, but those events are for fun and to, well, challenge you. They will not determine your place in the contest. Though... the challenges could impact the number of Brownie Points you have!

### What in blue blazes is a Brownie Point?

They are a bundle of fun! From your very first weigh-in, your friends, family, co-workers and general fans will be able to vote for you as their Main Ingredient by purchasing Brownie Points (low-fat, of course) for \$3/point. Throughout the contest, you will also have chances to win Brownie Points. The contestant with the most Brownie Points at the end of Florence's BIGGEST LOSER will be named The Main Ingredient, winning bragging rights and a shopping spree from Academy Sports!

*This is a summary of FAQs for Florence's BIGGEST LOSER, and in no way substitutes or replaces the official Rules & Regulations. For more details visit:*

[www.burnandlearnflorence.com](http://www.burnandlearnflorence.com)