



# FITNESS 50-50: "THE NEW YOU"!

## OFFICIAL REGISTRATION FORM

**Registration deadline: March 15, 2017**

*(1<sup>st</sup> Check-in/ Kick-off session: March 15 @Selkirk Rec Lobby 5-8pm)*

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

**\*\*Selkirk Biz Member**

Team Name: \_\_\_\_\_

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

<b>COST: \$25.00 per person</b> (must be received at time of registration)
<b>**Participants must be affiliated with a team – Teams must be Selkirk Biz members**</b>
<b>Not a member???....call us and we can change that!</b>

\$Cash \_\_\_\_\_ Chq \_\_\_\_\_ (Payable to Selkirk Biz) \$\$\$Chamber Dollars \_\_\_\_\_

Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ (check one)

Card # \_\_\_\_\_ EXP \_\_\_\_\_ (m) \_\_\_\_\_ (yr)

Signature \_\_\_\_\_

**TO REGISTER or For INFO:**

Selkirk Biz - 200 Eaton Ave. (204) 482-7176 or [sheri@selkirkbiz.ca](mailto:sheri@selkirkbiz.ca)

## IMPORTANT: Waiver must be read and signed

**Waiver:** In consideration of having an entry accepted into the Selkirk Biz (Chamber of Commerce) Fitness 50-50, I do hereby release and waive Selkirk Biz (Chamber of Commerce) from all manner of liability, action, suits and claims what so ever with respect to my individual, company, and/or organization participation in the said Fitness 50-50. I acknowledge that I have the full and proper authority to provide this release and waiver for myself, organization, and/or company and will indemnify and save harmless the Selkirk Biz (Chamber of Commerce) from any liability, action, causes of action suit and claims what so ever that may arise as a result of my individual, organization or company's participation in the Fitness 50-50. I understand that Selkirk Biz may use my photo and information in any promotions or media regarding this contest. This registration constitutes my acceptance of the rules & regulations of the "Fitness 50-50". I understand that consulting a physician or other health care professional before starting this or any other fitness program to determine if it is right for my needs is recommended by the event organizers. Good sportsman-like conduct is expected during this program.

\_\_\_\_\_  
Printed First and Last Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Selkirk Biz Fitness 50-50 : Registration & Program Information

## Registration:

- You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.
- 1<sup>st</sup> check-in will be held on March 15 at the Selkirk Rec. Complex from 5-8pm
- If you are unable to attend the check-in, appointments will be taken up to March 22
- Registrants must wear shorts / T-shirts for measuring procedure
- Both male & female personnel will be on hand for the measuring procedure
- Payment must be received at time of registration
- Registrations can be taken starting Feb 21 up to March 15
- Participants must belong to a team – teams must be Selkirk Biz members
- Teams can be unlimited in size and can consist of anyone with an affiliation with that team (staff, family, friends)
- Teams are encouraged to have their own internal challenges as well

## How the measurement works:

- Tape measure will be used to measure arms, thighs, waist, etc
- Weight measurement using scale
- Full length body photo will be taken
- 3 point scan using “SKULPT” that measures body fat % & muscle mass
- Back, arm, stomach & leg will be scanned...this is painless folks!



## 12 Week program:

- You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.
- Weekly check-ins will be on specified days at Snap Fitness
- Same measurement will be taken as described above
- Programs/facilities to help you succeed will be offered through our partners such as:
  - Snap Fitness
  - City of Selkirk
  - Your Life Performance
  - Steelcity Physio & Wellness

- Zumba Jan
- Lord Selkirk School Div
- Interlake Eastern Reg. Health Authority
- Health information can be obtained from
  - <http://www.cfpc.ca/ProjectAssets/Templates/Resource.aspx?id=3505>
  - <http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Weight-Concerns/Guidelines-for-Choosing-a-Weight-Loss-Program.aspx>
- Closed FaceBook group will be established for support, weekly results, info for participants
- Selkirk Biz member Teams are encouraged to promote their own internal challenges as well to provide extra incentive
- Participants can opt out but forfeit the \$25.00 registration fee

### The Big Finale and Reveal:

- Final results will be taken on June 7 (or other pre-arranged date within 48 hrs)
- Big reveal & winner announcement will take place on June 14 (subject to change)
- The winning team will be presented with 50% of the registration fees

# 12 weeks to a New You!

*“A Selkirk Biz initiative, along with our supporters... Caring about our community and the lives of the great people that live, work, play and do business here”!*



*“It’s all right here!”*

*St. Clements, St. Andrews, West St. Paul & City of Selkirk*