

*******DETACH & KEEP THIS PAGE*******

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.
- **1st check-in/registrations will be held on the following 6:30pm to 8:00pm:**
 - Monday, February 12
 - Tuesday, February 13
 - Thursday, February 15
 - ****Friday, February 16 12:00 pm -7:00 pm by appointment only****
- **If you are unable to attend the above dates, appointments will be taken up to March 1 by contacting Iron Image.**
- **All check-ins will be conducted at:**
 - Iron Image – 511 Robinson Ave – (204) 481-1104
- **Registrants must wear loose shorts / tank tops 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 12 up to March 1
- Participants must belong to a team – teams must be Selkirk Biz members
- Teams will be one or two person with unlimited number per business 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
- Complete rules are available at www.selkirkbiz.ca

How the measurement works:

- 1st & last Tape measurements will be taken for arms, thighs, waist, etc
- 1st & last Weight measurement using scale
- Optional full length body photo will be taken (this is only used for your progress comparison and not shared) – face photo is mandatory for ID
- **Registrants must wear loose shorts / tank tops for measuring procedure**
- Scan using “SKULPT” that measures body fat % & muscle mass quality
- Back of arm, stomach & upper thigh will be scanned...this is painless folks!
- Male & female personnel will be available – privacy & discretion assured!



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12 Week Challenge:

- 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.
- Optional weekly check-ins are available by appointment only at Iron Image
- Scan measurement will be taken as described above – only 1st & last scan is required
- Programs/facilities to help you succeed will be offered through our partners such as:
 - Snap Fitness
 - The Mighty Kiwi Juice Bar & Eatery
 - City of Selkirk – many Recreation & Leisure activities
 - Your Life Performance
 - Steelcity Physio & Wellness
 - Zumba Jan
 - Iron Image
 - Lord Selkirk School Division Community Pool
 - Interlake Eastern Reg. Health Authority – Community Wellness Team
 - RM of St. Andrews, St. Clements and West St. Paul recreation
- For details on all promotions offered, visit selkirkbiz.ca – under **EVENTS**
- **Fitness 50/50 member cards will be given to participants for ID**
- 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 is 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 unless for medical reasons

The Big Finale and Reveal:

- Final results will be taken the week of May 14 (schedule will be announced)
- Big reveal & winner announcement will take place on May 31 or TBA
- The winning team will be presented with 50% of the registration fees
- **NEW This YEAR** - Overall Best Individual prize will be awarded

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