

Weight Loss Competition @TBT

The 'Brotherhood' and 'Social Action' committees are proud to announce a weight loss competition for TBT members. This program, which will begin January 2012 is a great way to get started with that new year's resolution to lose weight. Whether you need to drop 5lb or 50lb, you are invited to join us to this great support group. The program is open to men, women, boys and girls of all ages.

This is a fun 12-week program which will involve weekly weighing on Sunday mornings at TBT (actual meeting calendar to be announced soon). Facilitated by volunteers, the participants' records will be kept discretely. Once a month we will have a food/health related documentary screened.



Highlights:

1. The top 3 'performers' will win prizes. The actual prizes will be determined by the amount of fees collected by participants.
2. We do not provide any diet plans! Each participant is responsible for his/her own dietary plan. We will, however, exchange knowledge and tips at the meetings.
3. For the purpose of fair competitive analysis, weight loss will be measured relative to the initial weight. Therefore winners will be those who lose the largest percentage of their initial body weight.
4. Participants will be required to pay for all meetings, whether or not they attend. Failure to do so may result in being disqualified from the competition and program. Reasonable exceptions may apply.
5. The fees for participating are \$6/week when paying for all 12 weeks upfront, or \$7/week if paying on a week by week basis. For comparison, a Weight Watcher's program will cost \$10/\$13 for upfront and weekly payment schedules, respectively.
6. All fees will be used towards the competition prizes. Fees may also be used for some administrative costs (although I cannot think of any at this point).
7. We may add a bunch of fun stuff based on interest and volunteers: before/after pictures cards, cookbooks etc.

Please send me an email to register. Feel free to call or email for further info.

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