

Thinner Winner 2023

PARTICIPANT AGREEMENT AND RELEASE OF LIABILITY FORM

Rules of the Competition

Participants may join Peak's Thinner Winner Team Competition after payment of the entry fee, registration and initial InBody testing. The Thinner Winner program is designed to promote healthy behaviors: clean eating, regular cardio, strength and flexibility training, as well as foster other positive lifestyle behaviors. Training in teams has shown to produce exponential fitness results from the support, motivation, accountability, and enjoyment that occurs by "working out with buddies." The cash prize is intended to raise the levels of excitement, engagement and motivation.

The initial weigh in/InBody testing will take place on: Friday, January 13th 2023 5am-noon OR 3pm-7pm

The final testing will take place on: Thursday, February 23rd 2023 5am-noon OR 3pm-7pm

A mid-test test is optional and offered the week of January 31st. Your coaches can schedule this test for you.

You MUST weigh in on the InBody370 on the dates mentioned above. There may be exceptions made for the weigh in dates only for legitimate reasons (e.g. sick, injury, etc.). If you do not participate in the final test on one of the dates listed above, your initial InBody results will be used as your final number.

**Program fees will not be refunded after the first week of the competition.*

The formulas used for this Competition will be determined by measuring **changes in your Lean body mass to Fat mass Ratio**, i.e. the changes in lean muscle and body fat, comparing the initial test to the final test.

	<u>Test 1</u>	-	<u>Test 2</u>	<u>% Change</u>
a.	lbs. of lean muscle weight	-	lbs. of lean muscle weight	will be up or down
b.	lbs. of fat weight	-	lbs. of fat weight	will be up or down

The two percentages will be added together to produce the total percentage of change

The team who meets the above criteria and shows the **highest percentage of change** will be the winner and will receive \$1,000. Highest % of change occurs when individuals maintain or gain muscle mass (lean), and decrease body fat. Each team member's total % change will be added together and divided by the number of team members. (This creates a level play field.)

**If there is a tie, the winners will split the pot evenly.*

By signing this agreement, you agree to the Lean to Fat Ratio as the "measuring stick" for winning the cash, regardless of your complaints or opinions about the "unfairness" of the participant's gender, age, body type or physical condition. The purpose of this event is to promote mental and physical health in a positive and collaborative manner; it is NOT a gambling event.

By VOLUNTARILY signing up for the Thinner Winner Competition, I certify that I am physically fit and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity. BY SIGNING THIS AGREEMENT, I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A VOLUNTARY EVENT, NO EXERCISES ARE MANDATORY, AND I AGREE TO THE CONDITIONS STATED ABOVE. I RELEASE THE PEAK, ITS EMPLOYEES AND OWNERS FROM ANY LIABILITY.

Participant's Name

Participant's Signature

Date