



# 2012 USCB Weight-Loss Challenge

Register with Lindsey Logue by Wednesday, January 18 at [llogue@uscb.edu](mailto:llogue@uscb.edu)

## Challenge Details

- \*Open to all faculty, staff, and students
- \*Teams of two – See Lindsey Logue if you need a partner!
- \*Participants at the HHG Campus will use the scale in the fitness center; participants at the HB Campus will use the scale in the Student Lounge of the Sandstone Building
- \*Individual weight should be reported or emailed to Lindsey Logue on Thursdays
- \*Results will be based on percentage of body weight lost
- \*Weekly prizes will be given to the team that loses the highest percentage of body weight for the week- teams cannot win weekly prizes two consecutive weeks
- \*Weekly winners will be announced on Fridays
- \* Grand prizes will be given to the individual and team that lose the highest percentage of overall body weight – an individual can only win a grand prize in one category (individual or team).

## Prizes

Weekly prizes will include:

- \*Cookbooks
  - \*Workout session with a personal trainer
  - \*Free meal at the Sand Bar
  - \*Gift cards to Sweetgrass Restaurant
  - \*One-hour massage at Massage Envy
- Grand prizes to be announced!

## Resources

- \*Exercise and nutrition tips will be provided in a weekly e-mail
- \*There will be a nutritional cooking class offered on February 1
- \*Dining services will recommend the most nutritious meal offered with the "Sand Bar Pick of the Day"

## Weigh-In Dates

JANUARY 19 – KICK OFF

JANUARY 26

FEBRUARY 2

FEBRUARY 9

FEBRUARY 16

FEBRUARY 23

MARCH 1 – FINALE



*For more information, contact:*  
 Lindsey Logue  
 Coordinator of Recreation, Fitness, & Intramurals  
 Room 118 - Campus Center  
 843.208.8360 or [llogue@uscb.edu](mailto:llogue@uscb.edu)

