

# shape up for summer

MARCH 21/22 - MAY 9/10

## Everything YOU Need to Know During the Challenge

You don't have to be the thinnest, buffest member to win. It's the work you put in and the change from beginning to end that makes the difference.

A 150lb participant that loses 6lbs beats a 180lb participant that loses 6lb. The person that loses the highest PERCENT of weight wins. A 30% body fat participant who loses 2% body fat beats a 40% body fat participant who loses 2% body fat (% of % body fat wins). Therefore, the winning participant will be the participant losing the highest **percentage** of the total loss versus comparing the participant's actual body fat percentage loss or weight lost.

Dual Winners and Tie Breakers. 8 prizes will be awarded to 8 winners. You cannot win more than one \$200 or \$100 prize. If one participant wins in two categories, that participant will be awarded one prize and the next best scores will be eligible to win as chosen in the following order: Body Fat %, Weight %. If participants tie in any category, all tying participants will be entered into a drawing for one prize.

For every live or virtual fitness class you complete, you will be entered in a weekly raffle. We will use the live class sign in sheets to enter members. When you complete a Fitness on Demand class, fill out an entry slip and place in the raffle box in each indoor studio. Winners will be announced every Monday on our Facebook page.

**Good Luck!**

**Dr David and Lisa Lott  
& the Lott Fitness Center Team**

### **4 Winning Categories:**

#### **Guys/Gals**

Body Fat Lost  
Weight Lost

#### **8 Winners:**

\$200 1st Place  
\$100 2nd Place  
*each category*

### **Body Comp Analysis Dates:**

8AM - 6PM

#### **Initial**

Wed March 21  
Thurs March 22

#### **Final**

Wed May 9  
Thurs May 10

***Your Final Body  
Comp is Your  
Ticket to Win!***