

New Year, New You Challenge Rules:

- Regardless of which entry fee or package level you sign-up for, you will be eligible for the grand prize.
- Four (4) people per team; must include at least two (2) non-members of Shore Results (no obligation to join).
- A team may consist of up to four (4) non-members of Shore Results.
- The beginning weigh-in dates are January 14th to 20th (no weigh-ins after January 20th). Final weigh-in must be done between February 25th and February 28th (no final weigh-ins after February 28th). All weigh-ins must be signed up for in advance and beginning and final weigh-ins must be done at approximately the same time of day.
- One interim weigh-in, between February 4th and 7th, is required to be completed by all participants to qualify for the grand prize; but only the net change in the final weigh-ins count for calculating the team's score.
- All contestants must check-in each visit to Shore Results and/or to Eastpointe Health & Fitness.
- All contestants must complete a registration and liability form.
- Members and non-members are recommended to complete four (4) workouts per week minimally (24 total workouts) during the contest. A combination of strength training, cardiovascular and group fitness classes are recommended to achieve maximum results.
- There are three mandatory weigh-ins, approx. every 3 weeks. If any team member fails to weigh-in prior to the required dates the team will automatically be disqualified. (Please note: it will be the responsibility of the team, not Shore Results, to ensure each member of the team weighs-in on time.)
- Participants must weigh in without shoes and with minimal clothing (they are comfortable with). Participants must wear exactly the same clothing and weigh in at the same time of day for both the first and the final weigh-ins.
- Participants may weigh-in at designated times, and must be checked in and have their weight recorded by a Eastpointe Health and Fitness team member. First and final weigh-ins must be at the same time of day.
- Winners are determined based on a percentage of the total percentage of body fat change. *For example: a participant that drops from 20% down to 18% would be equivalent to a participant that drops from 10% down to 9%.*
- To qualify for a prize, any prior contestants will be limited to a starting body fat of no more than 1.3x their lowest body fat measurement from previous contests. For example, if the contestant ended a prior Eastpointe contest at 10% body fat, their starting body fat measurement for this contest will be set at 13%, even if their actual body fat percentage is higher. The body fat calculation and data will be provided to the contestant and agreed upon prior to the contest beginning.
- No refunds will be issued after the registration fee is paid.

Virtual Information Seminar: Tuesday, January 12th at 7:00pm

Weigh-in Dates:

Initial Weigh-In #1

January 14th - 20th

Interim Weigh-In #2

Feb. 4th - 7th

Final Weigh-In #3

February 25th - 28th

New year, New You - Winner Announcement

First week of March

