

MOVE IT TO LOSE IT

Join the Wellness Works! Program Healthy Weight Loss Challenge February 22, 2021 to March 29, 2021

Registration Packet

Healthy Weight Loss Challenge:

Registration Process:

To register, sign and submit the attached Assumption of Risk and Waiver of Liability Form and email it to: WellnessWorks@city.cleveland.oh.us or you can register on the Wellness Works! Portal WellnessWorksCLE.com. We will send you an email confirming receipt of your form and any further instructions or information.

Once registered, you will have access to fitness and nutrition information and challenge updates on WellnessWorksCLE.com. You will also receive links and information on exercise tips, healthy eating tips, sleep advice, etc.

Weigh-Ins- To accommodate participants who do not have access to a scale, you may schedule an in-person weigh-in appointment by emailing your name and contact information to WellnessWorks@city.cleveland.oh.us. All in-person weigh-ins will be in Room 6 at City Hall. We will email your designated appointment time. Appointments are being scheduled in 10-minute intervals with a member of the Wellness Works! Team utilizing the proper safety protocols. Participants must also wear proper facial coverings and utilize proper safety protocols.

If you have access to a scale you are responsible for submitting your weigh-in numbers no later than Tuesday of that week by 2:00pm, to WellnessWorksCLE.com.

Virtual Initial Weigh-In- Please submit a photo of yourself standing on the scale, displaying your weight no later than Tuesday, February 23, 2021 by 2:00pm to WellnessWorks@city.cleveland.oh.us.

Virtual Final Weigh-In- Please submit a photo of yourself standing on the scale, displaying your weight no later than Tuesday, March 30, 2021 by 2:00pm to WellnessWorks@city.cleveland.oh.us.

PLEASE NOTE: Participation in this program is strictly voluntary. Always consult your physician before beginning any exercise or weight-loss program.

Note: The Wellness Works! staff will wear proper facial coverings, sterile gloves and sterilize the scale in between each weigh-in with sanitizing wipes. Please refer to the schedule below for the weigh-ins and the virtual weigh-ins.

Weigh-In Schedule

Monday Weigh-in –City Hall, Room 6

9:00am-11:00am

- Monday, February 22, 2021
- Monday, March 1, 2021
- Monday, March 8, 2021
- Monday, March 15, 2021
- Monday March 22, 2021
- Monday, March 29, 2021

Tuesday Weigh-Ins –City Hall, Room 6

11:30am-2:00pm

- Tuesday, February 23, 2021
- Tuesday, March 2, 2021
- Tuesday, March 9, 2021
- Tuesday, March 16, 2021
- Tuesday, March 23, 2021
- Tuesday, March30, 2021

Virtual Weigh-In Date

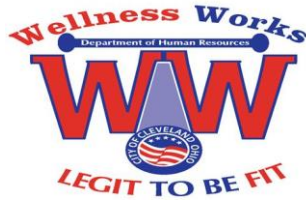
- Monday, February 22, 2021
- Monday, March 1, 2021
- Monday, March 8, 2021
- Monday, March 15, 2021
- Monday, March 22, 2021
- Monday, March 29, 2021

Prizes

There will be a First, Second, and Third place prize winner based on the total percentage of weight loss using the following formula: ***initial weight minus final weight divided by initial weight equals the percentage of weight loss***. In the event of a tie, the tiebreaker will be the most weight loss per employee.

Prizes can also be earned by winning the mini challenges throughout the Challenge.

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TERMS AND CONDITIONS

Terms and Conditions are a part of the Registration Packet

Entrants must be over 18 years of age and have completed all related waivers and paperwork.

Winners are based on the total percentage of weight loss using the following formula: **initial weight minus final weight divided by initial weight equals percentage of weight loss**. In the event of a tie, the actual weight loss will be considered.

General Conditions: By entering the Challenge, all entrants agree as follows:

Without limitation, The City of Cleveland and promotional agencies will not be liable for any failure of the website during the Challenge, for any technical malfunction or other problems relating to the function of the website.

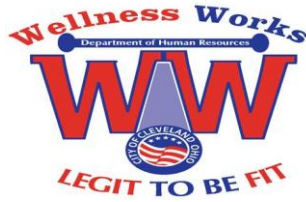
The City of Cleveland reserves the right to withdraw or amend the Challenge or these Rules in any way, for any reason in its sole discretion. The City of Cleveland's decisions with respect to all aspects of the Challenge are final and binding on all entrants without right of appeal.

The City of Cleveland reserves the right to cancel, modify, or suspend the Competition if for any reason the Challenge is not capable of running as planned, due to an insignificant number of entrants or any other causes beyond the control of The City of Cleveland that corrupt or affect the administration, security, fairness, integrity, or proper conduct of the Challenge. In such event, no prizes will be awarded.

Entrants in the competition shall not submit medical data to the City in connection with the weight loss competition. While The City of Cleveland is committed to undertaking reasonable measures to protect the privacy, accuracy and reliability of the weight submitted and to protect such information from loss, misuse, unauthorized access, disclosure, alteration and destruction, The City of Cleveland notes that the Internet is not a perfect service medium and data transmission is not guaranteed to be secure.

The City of Cleveland uses, and will use, a variety of security measures to ensure the security of the weight collected during the Challenge. When any information is provided to The City of Cleveland as part of the Competition, including, such submission is done at the participant's own risk.

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ASSUMPTION OF RISK AND WAIVER OF LIABILITY

I acknowledge that there are risks associated with my participation in the Competition and I agree to the terms of the General Terms and Conditions Agreement. By entering the Competition, I agree to follow these Official Rules for myself, my family, heirs and personal representative agree to release, discharge, and hold harmless The City of Cleveland, and its employees and agents, from any and all responsibility or liability whatsoever for any personal injury, death or loss of any kind, in connection with any person's participation in the Competition.

I acknowledge that there is no guarantee of weight loss or body transformation. Individual weight loss results vary and participation in the Competition does not guarantee weight loss. Factors such as diet and genetic makeup, overall health, or physiological differences may influence weight loss. I agree to discuss with my doctor any issues that might impact my readiness or ability to lose weight.

I agree that all interpretations of these Official Rules shall be made by The City of Cleveland, whose decisions and interpretations shall be final and binding. The City of Cleveland reserves the right, at its sole discretion, to disqualify any individual it reasonably suspects or believes to be tampering with the entry process or any part of the Competition itself by any means or suspected to be acting in violation of these Official Rules or any other term or condition of the Competition set by The City of Cleveland.

Printed Name: _____

Signature: _____

Phone: _____

Email: _____

Emergency Contact: _____

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