

## LAKESHORE LIFESTYLE CHALLENGE 2021 Rules & Guidelines

The focus of the 'LAKESHORE LIFESTYLE' is to make lifestyle changes that are realistic, sustainable and continue indefinitely so you can maintain them for the long term. Side effects may include: increased in self-esteem, increase in energy level, decrease in stress level, weight loss, more smiling, etc.

### **How to register:**

1. Register at Lakeshore Reception. Everyone must be a member of Lakeshore Recreation for the duration of the Challenge.
2. Pay \$50 to Reception at Lakeshore Recreation by cheque or cash. 100% of the money collected will go towards prize money allocated to participants at the end of the Challenge.
3. Complete a Questionnaire. One per person.
4. Sign a rules sheet.

No refunds or transfers of any kind will be issued for any reason.

### **How to win:**

Participants are awarded prizes **based on the following but not limited to:**

- \*1. Number of points collected which is directly related to changes made in LIFESTYLE. (\*see Points Sheet) Points will be tallied at various times throughout the Challenge and may be shared with the LLC Group.
- \*2. Greatest change in body measurements (weight will be taken into consideration but more emphasis on the change in body measurements).
- \*3. A written summary of the changes made over the 12 weeks and how it's made a difference in your LIFESTYLE.

**\*Note: Measurements & Pictures will be taken at the initial consultation. These measurements & pictures will be taken every 4 weeks. Although all participants will be considered successful if they complete the Challenge, a team of Lakeshore professionals will decide who will be awarded prizes based on the criteria listed above.**

### **Healthy Weight Loss:**

Participants must use healthy weight loss methods including a healthy balanced diet and exercise.

Any participant who decides not to continue with the Challenge is disqualified from any cash or prizes. A refund of the entry fee will not be provided.

### **Disqualification:**

If you are using unhealthy weight loss practises you will be disqualified. These include, but are not limited to weight loss surgery, use of diet pills, laxatives supplements, starvation colonics, fad diets, etc. If there is any question, these or any other 'unhealthy weight loss' practises will be determined by the LAKESHORE LIFESTYLE CHALLENGE Leader.

If a participant is disqualified for unhealthy weight loss practices they will not be issued a refund, nor will they be eligible for prizes.

### **Recommendations:**

You should consider consulting a health care professional before altering your diet or exercise regime, especially if you'd have previous health concerns.

You are encouraged to consult a Nutritionist, Dietician, Personal Trainer or any other healthcare or fitness expert to obtain information or receive guidance to support your LAKESHORE LIFESTYLE.

The LAKESHORE LIFESTYLE CHALLENGE Leader (Lauren Andrews) reserves the right to make changes or clarifications to the rules at any time. Their decisions will be unbiased and fair based on the information they have and to the best of their knowledge.

**\*\*I declare that I have read, understood and agree to the 'Lakeshore Lifestyle Challenge' Rules & Guidelines in its entirety.\*\***

Signature: \_\_\_\_\_ Date: \_\_\_\_\_