



HealthMates
Fitness Centre

FITNESS CHALLENGE

REGISTRATION FORM



PERSONAL DETAILS

First Name: _____

Surname: _____

Email: _____

Mobile: _____

PRIZES

1ST PLACE MALE & FEMALE:

6 months membership at Health Mates Fitness Centre
(valued up to \$630 each)

2ND PLACE MALE & FEMALE:

Fitbit Flex (valued at \$129 each)

OPTIONAL

This 8 week challenge will certainly support changes in your body. If you would like to have those changes measured we encourage you to get a **Fitness Assessment** prior to commencing the challenge. In this assessment we will use our **ultra-sound technology** to give you an idea of your body fat percentage and muscle mass versus body fat. After the challenge you will need to make another appointment to receive your final results for comparison.

AGREEMENT

I agree to abide by the terms and conditions of the Health Mates Fitness Challenge outlined overleaf. I understand that if I do not adhere to all of these conditions I will not qualify to go in the running to win any of the prizes.

Signature: _____

Date: _____

UNDER 18 CONSENT

Parent/guardian acceptance to all terms and conditions is required for any entrant 18 years and younger. To allow participation, acknowledge and accept all terms overleaf, please authorise below.

Signature: _____

Date: _____

FITNESS CHALLENGE

TERMS & CONDITIONS



PRIZE ALLOCATION

1. The Fitness Challenge first place winners for both male and female categories will each win a **6 month membership to Health Mates Fitness Centre**, valued up to \$630 each, depending on the membership type applicable.
2. The Fitness Challenge second place winners for both males and female categories will each win a **Fitbit Flex**, valued at \$129 (at the time of publishing)
3. Prizes are not transferable or exchangeable for cash or other services.

TERMS AND CONDITIONS

1. The Health Mates Fitness Challenge is open to Health Mates Fitness Centre members only. All participants must remain financial members of Health Mates throughout the entire competition – if your membership lapses throughout the challenge for more than 24 hours you will automatically forfeit your ability to win.
2. I agree that I must be a financial member of Revesby Workers' Club for the duration of the Fitness Challenge.
3. Health Mates Fitness Centre staff are able to compete in the Fitness Challenge, but are ineligible to win prizes.
4. I understand that the Fitness Challenge runs for 8 weeks, commencing Monday 5 October 2015; with the final day being Friday 27 November 2015.
5. I understand that the Fitness Challenge challenges are posted in advance; however I can only be scored for the challenge in the week that it falls.
6. I am aware that I can only be scored at published times on Tuesday's and Friday's.
7. I understand that should I not be able to come in for scoring at the designated time and day, that I can make an appointment for the scoring of a challenge in the week it falls. Scoring appointments are only available on Monday, Wednesday or Thursday.
8. I am aware that no scoring will be conducted on Saturday or Sunday, regardless of reason.
9. I understand that the Fitness Challenge scoring is based on an accumulation of points over the 8 weeks. First place winners will be issued 1 point, second place 2 points, and so forth.
10. If I miss a scoring week I will be awarded the points applicable to last place – maximum points. (eg. If there are 120 people in the Fitness Challenge, I will earn 120 points)
11. I understand if I miss a scoring week I will be awarded maximum points. I am aware I cannot do a makeup session the next week.
12. I understand that if I cannot complete a challenge for whatever reason I will be awarded maximum points.

13. The male and female with the **lowest points** accumulated will be named the Fitness Challenge winners. In the event of a tie the 6 month membership will be shared evenly.
14. The male and female with the **second lowest** points will be named the Fitness Challenge runners up. In the case of a tie the prize will be allocated at the discretion of Health Mates management.
15. You may enter the challenge at any time. You will be awarded maximum points for any challenge you did not participate in.
16. Once a challenge is witnessed by a staff member it will be accepted as your final attempt for that challenge. This means you get **one attempt per challenge**. You are able to practice as often as you'd like prior to having your score witnessed.
17. Scoring will be conducted by Health Mates Fitness Centre staff only.
18. I understand that the score/scoring decisions made by Health Mates Fitness Centre are final and no further correspondence will be entered into.
19. The winner of the Health Mates Fitness Challenge will be announced at the Health Mates Christmas Party on Friday 27 November 2015.

WAIVER

1. By entering this challenge I am aware that Health Mates Fitness Centre advocates safe and correct technique. I understand that if I perform an exercise incorrectly or break a scoring rule my attempt at the challenge will be disqualified and I will be awarded maximum points.
2. I agree that Health Mates Fitness Centre staff are able to stop my challenge attempt if I am putting myself or others at risk of injury. I understand that I will be disqualified and awarded maximum points.
3. By entering the Health Mates Fitness Challenge, unless otherwise advised, I agree that Health Mates Fitness Centre may use my personal information, videos, photographs and/or testimonials for any future media, promotional, marketing, and publicity purposes without further reference, payment or other compensation to me, and consent to the use of these photographs and/or video footage for the advertising of Health Mates Fitness Centre.
4. Any request to access, update or correct any personal information should be directed to the staff at Health Mates Fitness Centre.