

1. Why is there a \$10 fee to enter?

Answer:

1. You make the financial investment and you will stick with it to the end.
2. To fund the prize pool.

2. Why do I need to come to the Initial Weigh In?

Answer:

1. To establish your initial weight for tracking weight during the competition
2. Come to check out your competition and meet the staff.

3. Do I have to join a gym or use a personal trainer?

Answer:

No, but it is recommended. You are free to use any *and* every activity you choose to increase your daily physical activity level. Walking, hiking, swimming, weight training, dancing, bicycling, are just a few examples to get you moving. Using gyms or personal trainers are simply other options, not requirements. Do what works for you, and what you like to do. The goal is to change your lifestyle for your health and your enjoyment.

4. Who will see my weight on the scale?

Answer:

You and the one staff member who will be recording your weight. Team weight loss percentages will be posted as well, so keep that in mind when choosing your team name.

5. When will the Grand Prize Winners be announced and awarded?

Answer:

Grand Prize Winners -- Top Team and Top Male and Female individuals -- should be announced the week of April 9, 2012 after the March 19, 2012 final weigh-in of every participant is received. Arrangements to deliver the cash prizes awarded will be made at that time.

6. What if I miss a weigh-in?

Answer:

You may miss 2 weigh-ins within the 10 week challenge and still qualify to win the Grand Prize(s). However, if you miss more than 2 weigh-ins, you are encouraged to continue in the challenge anyway.

7. What if a team member has to drop out of the challenge?

Answer:

The team may remain in the challenge for the duration even though short 1 member, however, that member's weight and previous weight losses will still be calculated as part of the continuing team's numbers. Team will still qualify to win Grand Prize but the remaining team members will have to increase their individual weight losses to stay competitive. Individual team members will also still qualify to win the Individual Grand Prize for Top Male or Top Female Loser.

8. Will my picture be published in the paper?

Answer:

The individual weigh in pictures are not intended for publication, but pictures may also be taken during the Challenge.

9. Why should people enter the contest?

Answer:

The premise behind the original Biggest Loser is to change your eating habits and physical activity levels to achieve a healthier lifestyle. Competition is a great motivator and the small \$10 investment can pay off in multiple ways. There will be a cash prize at the end.

10. Why is it important to have accountability while trying to lose weight?

Answer:

Accountability is important to help you follow through with any long term goals. Quitting is more difficult when you know people are counting on you, and much easier if you know that no one is watching. Friendly support is an added benefit of accountability within the teams.

11. Do I have to have a team before registering?

Answer:

No, single participants are encouraged to register. Anyone that needs a team will be assigned to a team that needs another member.

12. Is attendance at the Initial Weigh-In mandatory?

Answer:

Yes, the Initial Weigh-In is the time and place to get your initial weight.

13. Do I have to be "overweight" to participate?

Answer:

No. The National Institute of Health defines someone as being overweight if their Body Mass Index is over 24. However, one of the goals of the Tri-State Biggest Loser is to educate people on making healthy lifestyle choices. With that in mind, you can participate if you would like help getting started on the right track to a healthier lifestyle.

14. How is the % Lost calculated for the teams?

Answer:

The teams are treated as an individual when it comes to calculating the percentage of weight loss. That is to say that the participants' individual percentages are not just added up. The total weight of the team is used in the calculations. There are two different starting weights that are used -- one for the overall and one for the weekly weight loss -- but the same principle is used for both. The team's total weight is calculated for the starting weight (SW) and the current week (CW). The current week's weight is then subtracted from the starting weight (SW - CW). This is done so that weight loss will show as a positive number. Then that number is divided by the starting weight ((SW - CW) / SW). That result is then multiplied by 100 to get a "percentage" value instead of just the decimal format.

15. Is my team disqualified from winning if one team member misses more than two weigh-ins?

Answer:

No, a team is not disqualified if one or more team members miss more than two weigh-ins. According to the rules, that person is disqualified from winning the cash prize.