



[Register Your Team Online](#)

[Summer Slimdown on Facebook](#)

Exercise Information

- [9 Secrets of Successful Weightloss Maintenance](#)
- [Keeping the Weight Off](#)
- [Muscle Chart](#)
- [Resolution](#)
- [Work-Out Chart](#)

Nutritional Information

- [How to Maintain](#)
- [CNN](#)
- [Staying Focused](#)
- [Weight Loss Chart](#)
- [Why Fruits and Vegetables](#)

Running Information

- [5K Running Plan](#)
- [The 8](#)

Registration:

- **Starts:** January 4th
- **Ends:** March 19th
- **Team of Three Registration:** \$75 total per team
- (Sprint to Spring 5k is Free to All Summer Slimdown Participants)

Weigh-Ins:

- Initial Weigh-In - January 3 to 15th



- Second Weigh-In - February 14-19
- Final Weigh-In - By March 19th

Awards (Awards Ceremony will be Held at the Conclusion of the Sprint to Spring 5k on 4/2/21)

- Top three teams with the greatest percentage of weight loss
 - 1st - \$100 per person
 - 2nd - \$50 per person
 - 3rd - \$25 per person
- Top three individuals with the greatest percentage of weight lost
 - 1st place \$100
 - 2nd place \$50
 - 3rd place \$25

Rules:

*****Sprint to Spring 5k Included with Summer Slimdown Team Fee • Save the Date 4/2/22****

1. Each team member must weigh-in initially and for the final weigh in to qualify for team awards.
2. If Summer Slimdown has to be canceled for any unforeseen circumstance JCC will tabulate winners based on the Initial and Second Weigh In. If two weigh ins haven't been completed a winner can't be determined.
3. No shoes worn during each weigh-in to get proper readings.
4. Our waiver form, below, must be signed by either you or your doctor, releasing any complications that may occur during the Summer Slim Down contest.
5. All weight loss will be a calculated percentage of the entire team, not individuals. We will use the teams total starting weight minus the team's final weight divided by the team's starting weight to obtain our results for the contest.
6. No substitutions on any team for any reason. No exceptions.
7. No refunds shall be given.
8. Tiebreakers will be decided by the first decimal place that determines a winner.
9. If you are or become pregnant during the contest, you will not qualify for awards.
10. We recommend, at the minimum 2-3 workouts per week, of at least 45 minutes, to help you achieve consistent results and help with a lifestyle change.