



# Scale Back Alabama

*Lose ... and you might WIN!*

***Scale Back Alabama is a statewide public education campaign designed to encourage Alabama's citizens to lose weight and be healthier. It is hosted by Alabama's hospitals and Alabama Department of Public Health, with generous support from Barber's Dairies and Blue Cross and Blue Shield of Alabama.***

- Teams of four, including one team captain – Please select a person with access to email as the team captain.
- Every team designates a unique team name.
- No substitutions – If a team member drops out for any reason, the team will not be eligible for statewide **team** prizes.
- To speed the registration process, team members are strongly encouraged to weigh in and weigh out at the same time.
  - ✦ Individuals must weigh in and weigh out at the same facility as their teammates: **no exceptions.**
  - ✦ Teams must weigh IN and weigh OUT at the same facility: **no exceptions.**
- Participants wear normal business or casual clothing for weigh in and weigh out.
- Remove shoes when weighing.
- Participants must be 18 or older to participate.
- Those who are pregnant, or who become pregnant, may not participate.
- Weight-loss surgery patients must be at least one year post-op to participate.
- Pre-registration is not necessary. Team Registration Forms will be provided at weigh in.
  - ✦ OPTION: To speed the registration process, print and fill in all information (except weight) on the attached "Team Registration Form" and bring when your team weighs-in.
  - ✦ Please submit only one "Team Registration Form" per team at weigh-in.

## **Cash prizes to be awarded on April 28, 2010**

### **Three statewide team prizes**

- To be eligible for team prizes, each team member must lose at least 10 pounds during the 10-week contest
- Winning teams will be determined by random drawing from the eligible teams
  - ✦ First team drawn – Each of the four team members wins \$1000
  - ✦ Second team drawn – Each of the four team members wins \$500
  - ✦ Third team drawn – Each of the four team members wins \$250

### **50 individual achievement prizes of \$100**

- To be eligible for individual prizes, the individual must lose at least 10 pounds during the 10-week contest (regardless of the weight lost by teammates).
- If the team is not eligible for statewide team prizes due to a team member's disqualification, individuals on that team who lose at least 10 pounds will be eligible for the achievement prize drawing.

***(complete rules available at [ScaleBackAlabama.com](http://ScaleBackAlabama.com))***