

A "Biggest Loser" contest is being sponsored by Focus on Fitness in the fall of 2010. We are looking for motivated people with a competitive spirit and a desire to change their life in becoming the biggest loser of this contest. Two contestants will be selected to compete head-to-head during a pre-contest casting call now being advertised in the San Tan Sun News. A total of five weigh-in and measurement sessions will be held as shown in the [contest information link](#). One at the beginning and then every four weeks for the 16-week duration of the contest. The contestants will be photographed and their progress published monthly in the regular issues of San Tan Sun News.

Competitors that complete the contest will have received 16 weeks of personal training and nutritional services from Focus at Fitness at no charge.

To apply, click on the [application link](#) and print the form. Fill it out and explain why you believe you would be a great competitor. Then mail it in with photographs of yourself. If you have questions, please call Focus on Fitness at 480-699-3162.

CONTEST INFORMATION

Focus on Fitness Biggest Loser Competition

- Applications will be accepted until the casting calls are held.
- Two contestants will be selected to compete against each other.
- Each of the two chosen contestant will receive 16 weeks of personal training and nutrition counseling at Focus on Fitness. Upon completion of the contest, there will be no charge for Focus on Fitness services upon completion of the contest.
- The winner of the contest will receive two more months of personal training services at Focus on Fitness.
- Contestants will agree to publicity and marketing activities including photographs, interviews via visual and print media.
- Contestants agree to attend personal training sessions on a daily basis, excepting Sundays.
- Contestants agree to follow the Focus on Fitness plans as prescribed for them.
- Photos, weight and dimensional measurements will be taken and recorded every four weeks.
- Physical measurements will be the primary measure of success and to determine the contest winner. Pounds lost are great, but how do your clothes fit? :-)
- Contest Schedule:
 - Applications open from May 1, 2010 to July 1, 2010.
 - Casting calls will be scheduled based on the applications submitted.
 - Casting Call 1: July 10, 2010
 - Casting Call 2: July 17, 2010
 - Contest Start: July 31, 2010
 - Contest End: November 20, 2010
 - Contest schedule:
 - Beginning measurements: July 31, 2010
 - Measurements - 4 weeks: August 28, 2010
 - Measurements - 8 weeks: September 25, 2010
 - Measurements - 12 weeks: October 23, 2010
 - Measurements - 16 weeks: November 20, 2010
- Focus on Fitness reserves the right to amend and update the contest information, rules, and procedures. Focus on Fitness will not change this information in a way that will materially affect the contest results after the contest has started.
- Please call Focus on Fitness at 480-699-3162 with any questions you may have.

Print form, fill out, and mail to:

Focus on Fitness, 1340 W Elgin St, Chandler, AZ 85224

Please include one or more photos with your entry, front, back, side views preferred, shorts and crop top or similar. Write your name clearly on the back of each photo.

APPLICATION

Focus on Fitness Biggest Loser Competition

Date: _____ How did you hear about the competition? _____

Name: _____ Phone: _____ Cell: _____

Address: _____ City: _____ State: _____ Zip: _____

Birth Date: _____ Age: _____ Height: _____ Weight: _____

Most Recent Exercise Type: _____ When: _____ Is it Regular? _____

Are you dieting: _____ Have you dieted? _____ When? _____ Results? _____

Describe your typical day of eating: What? How much? When?

Do you smoke? _____ How often? _____ Do you drink? _____ How often? _____

Date - Last Phys Exam? _____ Current Medications/Supplements? _____

Do you have implants? _____ Under or over muscle? _____

Do any of the following apply to you? Asthma, Allergies, Joint Pain, Back Condition, High Blood Pressure, Knee Problems/Surgery, Ulcers, Heart Conditions, Shortness of Breath, Hernia, Arthritis, Epilepsy? _____

If Yes, List which ones: _____

Why do you want to compete in the contest?

Why do you believe you will be successful?

What would keep you from being successful?

Are you willing to dedicate 4 months of hard work to change your life? Why?

Use additional sheets if you would like to expand on your answers.