

Maintain Don't Gain!

Purpose:

To encourage MCC employees to enjoy the holiday season, and maintain a stable weight from mid-November thru mid-January.

Rules to participate:

1. Employees submit \$5.00 to register.
2. Employees visit Health Services November 12 – 15, 2012, for initial weigh in to be recorded by Health Services RN.
3. Employees may check weight on scale outside Health Services to monitor weight.
4. Employees visit Health Services January 22-25, 2013 for final weigh in to be recorded by Health Services RN.
5. If employee's weight is \leq to 2lbs above initial weigh in, employee is returned their \$5.00 registration fee.
6. If employee's weight is $>$ than 2lbs above initial weigh in, employee forfeits their \$5.00 registration fee.
7. If employee fails to weigh in January 22-25, 2013 they forfeit their \$5.00 registration fee.
8. Any registration fees forfeited will be equally divided among the employees that maintained their weight within 2 lbs. of initial weigh in.