



ALPHA FITNESS CHALLENGE RULES & DISCLAIMER

- Alpha Fitness recommends that you contact your physician before changing or modifying your current diet and exercise plan.
- No weight reductive medical procedures of any type will be permitted (i.e. gastric-stapling, gastric bypass, lap band, etc.). Any use of surgical weight loss intervention will be disqualified.
- Former fitness competitors i.e. bodybuilders and figure competitors are not allowed to participate if they have competed in the last 5 years.
- You must be 18 years of age or older to participate.
- Prescription medications used for weight loss are not permitted unless under the supervision of a medical doctor. All prescriptions medications must be revealed upon initial weigh in.
- The non-refundable participant fee of \$75 is due upon registration (\$25 for registration, \$25 for each body analysis)
- Employees and their immediate family members are not eligible for the contest

*Alpha Fitness does not endorse any particular diet or weight loss program. The information we supply is for your information only. You may choose any reduction program of your choice to reduce body fat.

By signing this I am agreeing to all of the rules and regulations of the Alpha Fitness Challenge. I understand the recommendations of the weight loss challenge and I release Alpha Fitness and Work Out World of any liability.

Printed Name _____

Signature _____ Date _____