



Program Guidelines and Liability Waiver

The Hesperia Mayor's Health and Fitness Challenge is a fun and friendly competition designed to encourage citizens to lose weight, while establishing healthy eating and fitness habits. The program will inspire your competitive nature and motivate you to engage in some type of physical activity each week. Mayor Schmidt wants to promote awareness of the value of physical activity in the pursuit of happier, healthier, more productive lives and challenges you to keep pace with him by moving to your own healthy beat. No matter your overall conditioning, you are encouraged to perform healthy activities and move for a fitter and healthier you. Under the umbrella of Healthy Hesperia, the program will include monthly weigh-ins, optional classes on nutrition and healthy weight loss, and opportunities to participate in "Fitness with the Mayor."

Eligibility

- Must be a resident of Hesperia
- Must be 18 years of age or older by September 22, 2015

Guidelines

- Participants certify they are physically able to undertake this fitness and weight loss effort. Individual weight loss results vary and participation in the Challenge does not guarantee weight loss. Factors such as diet and genetic makeup, overall health, or physiological differences may influence weight loss. Please consult with your physician before beginning any new nutrition or exercise program.
- Weigh-ins will be conducted at Hesperia City Hall. Participants must weigh in on September 22, and again in October and November, which is the final time just prior to the winners being announced. A schedule will be provided, and no alternate weigh-in times or methods will be allowed. Verify your ability to meet the scheduled weigh-ins prior to registration. Failure to meet this minimum requirement will disqualify you from the challenge.
- Participants cannot have had weight loss surgery since March 1, 2015. No participant shall use any artificial or inappropriate means of weight loss or alteration in body composition in order to win the Challenge including but not limited to liposuction, weight loss surgery or other similar procedures.
- Participants are encouraged to lose weight in a healthy and fair manner. Please, no diet pills, laxatives, colonics, or diuretics unless prescribed for a medical condition.
- Winners will be determined based on percentage of weight lost from starting body weight.

Example Calculation:

1. Beginning weight— ending weight = pounds lost
 2. (pounds lost/beginning weight) X 100 = percentage weight lost
- The first place winner will receive \$500. Second place is \$250 and third place is \$100. In the event of a tie, the contestant who has lost the most pounds will be the winner.

www.cityofhesperia.us/MayorsChallenge



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Participant Liability Waiver

- I am participating on a voluntary basis in the Mayor's Health and Fitness Challenge.
- I believe that I am in good health and can safely participate in the Mayor's Health and Fitness Challenge. If I have any concerns about my health I will consult my physician.

"I, the undersigned, understand the following: I am aware that physical activities and active weight loss can be hazardous and I am voluntarily participating in these activities with knowledge of the hazards involved and hereby agree to accept any and all risks of injury or death. The City is not responsible for participants injuries or damages occurring from recreation activities. The City does not provide participants with medical insurance or treatment for injuries. I agree to hold harmless and release the City of Hesperia, its officers, agents and employees from any and all liability or claim arising from or related to my participation in the City of Hesperia program activities with respect to death, personal injury, illness or property damage. This release includes, but is not limited to, all liability for death, personal injury, illness or property damage resulting from the active or passive negligence of the City of Hesperia or its agents or any defective or hazardous condition of any property or equipment owned, operated or maintained by the City of Hesperia. I am responsible for any loss, theft or damage to either personal or City equipment, articles or facilities while using said equipment, articles and/or facilities.

I am aware that the City may videotape or photograph the Contest. I hereby grant and convey unto the City all right, title, and interest in any and all photographic images and video or audio recordings of me made by the City during the Contest. I fully accept and permit that my name and images may be used by the City as part of any illustration, advertisement, broadcast, website or publication for purposes of City business or public relations. I agree that my name and images may be displayed or used by the City without any fee or other form of compensation."

Name (please print)

Signature

Date

Please note: This form is to be turned-in at the first weigh-in on September 22.