



- What is Bonas Biggest Loser?
 - It is a free, 10-week weight loss and wellness program
 - Health and fitness materials will be provided to all members of the program on a weekly basis through our Wellness Weekly newsletter
 - Tools will be available to perform measurements of blood pressure, pulse, BMI, Body Fat Percentage as well as chest, waist, hips, upper arms, and thigh measurements in the Campus Recreation office at the Richter Center

- Who can participate?
 - The whole St. Bonaventure Community
 - Teams of three people can be made up of students and/or St. Bonaventure Employees, co-ed or same-sex teams
 - If you do not have a team and are interested in participating contact Carrie Fidorko x2294 or cfidorko@sbu.edu to be added to a list of others looking for a team
 - All team members must have a Body Mass Index (BMI) of 25 or greater to participate
 - Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of the amount of body fat.
 - To find out what your BMI is you can check it at: http://www.webmd.com/content/tools/1/calc_bmi
 - BMI standards are listed as:
 - Below 18.5 Underweight
 - 18.5 – 24.9 Normal
 - 25 – 29.99 Overweight
 - Above 30 Obese
 - However, there are some issues associated with BMI

- At the same BMI, women tend to have more body fat than men.
 - At the same BMI, older people, on average, tend to have more body fat than younger adults.
 - Highly trained athletes may have a high BMI because of increased muscularity rather than increased body fatness.
- What are the benefits of participating?
 - Starting to live a healthy lifestyle of making the right food choices and increased daily exercise will lead to so much more
 - Prizes will be awarded at the completion of the program. To complete the program and be eligible for prizes you **MUST** weigh in every Wednesday, with the exception of Wednesday, March 3rd (Spring Break)
 - Prizes will be given to all members of the winning team that completed the program with the highest percentage of weight lost
 - There will also be a random drawing for an iPod shuffle for all individuals who complete the program
 - Prizes for weeks 1, 3, 6 and 8 will be given to the team with the highest percentage lost for that week.
 - Prizes for weeks 2, 4, 7, and 9 will be given to the individual with the highest percentage lost for that week.
 - The ultimate reward is a healthier active lifestyle!!!
- How do I register?
 - Round up your team members and select a team name
 - Pick up a registration packet in the Richter Center or it is also available at www.sbu.edu/richtercenter
 - Register at anytime but you must return your registration packet to Carrie Fidorko by Tuesday January 26th by 4pm to be eligible for prizes
 - Come to the Richter Center on Wednesday, January 27th between 8:30am and 4pm for your team's first weigh-in
- When does it start?
 - The first weigh-in session will be held Wednesday, January 27th and the final weigh-in will be Wednesday, March 31st

- How do you win?
 - Watch what you eat and increase your daily exercise
 - Encourage and motivate your teammates throughout the program. Get creative, have fun with it!
 - If you are interested in working out and would like a workout partner(s) let Carrie Fidurko know the days/times you are interested in working out and what activity would you be interested in and we will try our best to match you up with someone.
 - Sign-up for the 200 Mile Challenge. You will have a chance at winning 2 great prizes for working out. The prizes are a 27" LCD TV or an Apple iPod Touch. Challenge your teammates to see who can complete the most miles. Registration forms can be found in the Richter Center.
 - Mandatory team weigh-ins every Wednesday in the Richter Center between 8:30am and 4pm **ONLY**
 - If you are unable to make it during the time frame, please contact Carrie Fidurko prior to that weeks weigh-in.
 - Weigh-ins after 4pm on Wednesday will not be accepted.
 - Emails or phone calls with your weight will not be accepted
 - You must use a Richter Center scale. Please do not round your weight to the nearest whole pound, we are looking for an exact weight (this means to the tenths place). Also please weigh-in with your shoes off.
 - Weigh-ins will be done among your team members, and recorded onto team cards, which will then be handed to Carrie Fidurko
 - Weights and BMIs will be monitored confidentially throughout the whole competition

Whether you have a New Years resolution or think it is time to start living a healthier lifestyle, give the Bonas Biggest Loser a try. Contact Carrie Fidurko x2294 or cfidurko@sbu.edu with any questions you may have.



Registration Form

Team Name: _____

Captain Name and Phone Number: _____

Freshman Sophomore Junior Senior Grad Student Faculty Staff

As captain of the team, I have read and understand the rules and regulations of the contest and will ensure that my teammates comply with the rules and regulations. (Please initial) _____

Member Name and Phone Number: _____

Freshman Sophomore Junior Senior Grad Student Faculty Staff

Member Name and Phone Number: _____

Freshman Sophomore Junior Senior Grad Student Faculty Staff

****It is recommended that before you start any fitness program you should consult with your physician first****