



GUIDELINES FOR PARTICIPATION

The following guidelines must be observed in order to participate in the contest:

- Teams must consist of four (4) members, including the team's captain.
- Teams must begin and end the contest with the same individuals. If a team member drops for any reason, the team would be disqualified for the final grand prize drawings. However, individuals who lose at least 10 pounds would still be eligible for the drawing for one of 50 achievement prizes.
- Teams will not be allowed to substitute members for any reason.
- Team members and team captains cannot be on more than one team.
- Teams will have one (1) week to weigh in and one week to weigh out for the contest. Please note, these weeks are included in the 10-week timeline for weight loss. Teams must weigh-in at the same facility for beginning and ending weigh-ins.
- Participants need to wear normal business attire for weigh-ins. Bulky items, such as overcoats, purses, work boots, etc., will not be allowed. Participants should remove shoes when weighing.
- Weigh-in sites will be required to keep and record individual team members' beginning and ending weights. These weights will be kept confidential and only shared with "Scale Back Alabama" staff members to determine eligibility for prize drawings.
- If any team member cannot use a standard scale for the weigh-in, please call a weigh-in site in advance to check for special accommodations.
- Pre-registration will not be done on the statewide level. Individual facilities that would like to pre-register teams may do so.
- Those who have had a weight-loss surgical procedure will not be eligible to participate until one year after the surgery.
- This program is intended for adults. No one under the age of 18 will be allowed to participate.
- Those who are pregnant, or who become pregnant, are not eligible to participate.
- The objective of this campaign is to lose weight in a healthy manner and to have fun doing it.
- If your BMI is under 20, you do not need to participate in this program. Please see instructions for calculating your BMI.

To be eligible for the drawing for one of three grand prizes, teams must maintain all four original members, and each member must lose at least 10 pounds during the 10-week contest. At the final event on April 1, three team names will be drawn with the first team winning \$250 per team member, the second team winning \$500 per team member and the third team winning \$1,000 per team member.

To be eligible for the drawing of one of 50 achievement prizes of \$100 each, individuals must complete the 10-week contest and lose at least 10 pounds.

Calculating Your BMI

The body mass index (BMI) uses your height and weight to determine if you are underweight, normal weight, overweight or obese (very overweight). BMI may be used for adults between 19 and 70 years of age. Do not use BMI if you are a pregnant or breastfeeding woman, a competitive athlete, a bodybuilder, a child, or an elderly person who is frail and inactive.

Use the chart below to find your BMI. Find your height and then your weight to the right on the same line. Look up to the column heading to see your BMI number.

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Normal (BMI 18.5 - 24.9) This is what is considered an appropriate body weight for most people. You are not underweight or overweight. However, if your body is mostly fat with little muscle you still may not be as healthy as you could be.

Overweight (BMI 25 - 29.9) This range is less healthy for most people. Some people may be healthy and fall into this range if their body is mostly muscle with very little fat. If you fall into this range and your body is not mostly muscle, your health may be more at risk.

Obese (BMI 30 and above) Eighty percent of the people who fall into this category are not at a healthy weight and are at a higher risk for weight related diseases such as diabetes and hypertension.