



"SCRAP THE FAT" WEIGHT LOSS CHALLENGE

BROUGHT TO YOU BY SULLIVAN'S FOODS

A WEIGHT LOSS CHALLENGE

Thinking about a healthier you?

A few years ago, Sullivan's Foods sponsored a very successful weight loss and fitness challenge offered to employees and their families. Since then, we've invited our customers to participate in the challenge as well.

The contest is simple and easy, and many pounds have been shed as a result.

However,
much of the
success of
the contest
is due to the
enthusiasm,

ONE POUND AT A TIME.

ONE DAY AT A TIME.

motivation, and comradery that grows among the participants (of course, prize money helps). With the contest there is a definite "weight loss buzz" that spreads throughout our stores and becomes rather infectious! A great problem to have, really. As most individuals end up in the grocery store once or twice a week, it's a great place to start a weight loss program. Many will tell you that part of a successful program is about the meal planning and buying the right kinds of foods (80% of this is what you eat). So, kick start your New Year, Friday, January 4, 2019 with our weight loss challenge at your local Sullivan's Foods. Join us to help our communities be healthy and fit in a fun and friendly manner. Again, we invite you to participate in helping one another reach our weight loss and fitness goals.

DETAILS

Who can participate: Any individual over the age of 18. Anyone under the age of 18 must have their parents' consent. This contest is not regulated for those with serious conditions or illnesses and those individuals should seek the care of a medical provider.

Contest dates: **Start date is Friday, January 4, 2019** (To maximize your chance of winning we encourage you to start January 4, however, anyone can join at anytime during the contest period.)

Final Weigh in date is Friday, March 29, 2019.

Cost: \$10.00 to participate. Pay by cash or check at your first weigh in. Employees may sign up for payroll deduction for a course of \$5.00 over two pay periods. Once you sign up, no refunds will be given should you drop out.

Weigh ins: You may weigh in on Fridays during the contest period from 7:00am until 5:00pm. Completed and signed consents and entry fee must be turned in at first weigh in January 4th. There will be designated employees at each store to execute the weigh ins. They are completely aware of the importance of confidentiality. All weigh ins will be done on the same scale at each store. All numbers will be sent to and compiled at Sullivan's Corporate Office. The participant shall be weighed in with pants, shirts, and socks...no shorts allowed. Belts and shoes must be taken off at each weigh in. Participants are **allowed 3** missed weigh-ins before being disqualified. Participants agree to have a photo taken at the beginning of the contest.

Hopefully, you will be one of the winners and with your permission will share your before and after photos publicly.

Tracking and Postings: As a participant, you may either use your name or a fictitious name to remain anonymous. We will be using a spreadsheet to track all contestants. We will not show a participant's weight, only the percent of body weight lost. Weekly results will be made public on our website at <https://www.sullivansfoods.net/about/sullys-scrap-the-fat-2019>. We will also post information and details on our Sully's Scrap the Fat Facebook page <https://www.facebook.com/scrapthefat/>. A paper posting will be kept at the store for those that do not use a computer or internet.

Prizes: A weekly winner will be announced for each location. Prizes will be determined each week by Sullivan's Foods (examples: veggie tray, rotisserie chicken, case of water, etc...)

Grand Prize: Sullivan's Foods will donate \$1,000.00 towards the Grand Prize, with the additional money collected from the participants which will also be included as winning monies. The more people participating, the larger the cash prizes! The Grand Prize winner shall receive 60% of the combined dollars. The Second Place winner shall receive 30% and the Third Place winner 10%. That is some serious cash with all locations involved. There will also be a \$50 Sullivan's Foods gift card winner at each Sullivan's Foods locations (First, Second, and Third place winners are ineligible to win in this category).

Release of Liability: All contestants will be required to sign a consent form releasing JB Sullivan Inc, Sullivan's Foods, and other entities owned by JB Sullivan Inc from any liability as a result of the contest.