

The Biggest Loser Pacific Northwest (& Friends) Challenge Amaranth Style.

Jurisdictions: British Columbia, Oregon, Washington, Idaho
And members from other jurisdictions.

Objective: To raise funds for Diabetic Research while improving the health of our membership.

Dates: May 1 2010 – Jan 15 2011

Rules:

All competitors must weight in with another person to verify their weight.

All competitors must have the approval and knowledge of their Doctor.

All competitors may choose an eating plan and exercise plan of their liking.

All competitors will report their starting weight to the convener of your jurisdiction to be recorded by them. Weigh INS are to be monthly. The convener of jurisdiction will report total number of competitors and weight to Challenge Coordinator

H.L. Frances Wright PGRM British Columbia.

At francesdan@shaw.ca

This will be recorded and posted on Facebook site for all jurisdictions to view and progress will be updated monthly. Facebook site is Amaranth Biggest Loser group.

We will be on a percentage basis as some jurisdictions will have more members than others.

All competitors must have fun while getting healthier, and raising attention and money for Diabetic Research.

This is not a weight loss plan but a health adjustment plan for all involved. It will be a lifestyle change for many and for others just a reminder. Although the results will be weight related as this is the only way we all see the benefits, the real results will be in healthier happier and more productive members, and lowering the statistics of Diabetes numbers one member at a time.

Reward: At the end of the time frame an overall winner will be announced. Between the Grand Royal Matron's and Patrons they will decide on what the winning jurisdiction will receive.

The winner will be announced by Jan 31 2011 and the prize to be awarded at British Columbia Grand Court March 2011.

We look forward to seeing everyone have fun and get active.

H.L. Frances Wright PGRM British Columbia