Biggest Winner Spring 2019

The Biggest Winner challenge is a 6 week program designed to help students improve exercise and nutrition habits in order to improve total wellness, along with reducing the risk of chronic disease. Students will receive assistance and guidance from certified trainers to help implement healthy behavioral changes that will increase their quality of life. Benefits of participating include but are not limited to:

- Learn how to maximize gains from physical activity
- Small Group Training Sessions
- Education on healthier food choices
- Have fun in the process!

Criteria for selection:

- A current University of Central Florida Student (registered for Spring 2019)
- A recent physical examination
- Sedentary lifestyle: not participating in at least 30 minutes of moderate-intensity physical activity on a at least three days/week for at least three months
- Body mass index $\geq 30$kg/m$^2$ or waist girth $> 102$ cm (40 inches) for men $> 80$cm (35 inches) for women
- Must provide current height and weight
- Committed to 3 hours of personal training sessions and 3 hours of individual training per week (sessions with trainers will be in the early morning)
  - Gold Team: Monday and Wednesday at 7:00am to 8:30am, Friday 7:00am to 8:30am
  - Black Team: Tuesday and Thursday at 7:00am to 8:30am, Friday 7:00am to 8:30am
  - ** Times subject to change pending teams and trainers availability, but they will be in the morning.
- Attend weekly weigh ins and competitions
- Completed application and essay describing why you should be selected to participate
Please answer the following questions as clearly and specifically as possible.

1. What is the most important thing to you at this point in your life?

2. What prompted you to apply to the Biggest Winner program?

3. With whom do you live that is supportive of you making these changes? What other support systems do you have in place?

4. On a scale of 1 to 10 how committed are you to changing your lifestyle behaviors? Explain.

5. Are you currently being treated for any health problems? If yes, explain.

6. Are you currently using any prescription drugs?
7. How many times per week do you exercise and what types of exercise do you engage in?

8. Describe any daily activity you engage in (i.e. ride bike to work, walk to class etc.)

9. What did you like and dislike about the exercises you have tried?

10. How would you describe your current eating habits? How many meals per day? Breakfast?

11. Have you ever or are you currently receiving any counseling for any kinds of mental health problems, including alcohol, tobacco, drugs, or an eating disorder? If yes, describe.

12. Have you ever attempted to lose weight in the past? If so, how? and what was the outcome?
The next few questions refer to alcohol use. Use the following information to help you answer each question.

1 drink = one 12oz can/bottle of regular beer
    = one 5 oz glass of regular (12 %) wine
    = 1 ½ oz of liquor (rum, whiskey, vodka)

1. How often do you have a drink containing alcohol?

2. How many drinks containing alcohol do you have on a typical day when you are drinking?

3. How often do you have 5 or more drinks on one occasion?

4. Have you ever smoked cigarettes?

5. Do you currently smoke cigarettes? If so, how often?

6. If you smoke cigarettes regularly, how many times have you SERIOUSLY tried to stop smoking?

7. When you do drink alcohol, what % of the time from 0% to 100% do you also smoke cigarettes?
Please explain why you should be chosen to participate in the Biggest Winner Program. Include short term and long term goals:

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Release of Liability and Assumption of Risk for Biggest Winner Program 2019

1. In consideration for receiving permission to participate in the Biggest Winner Program 2019 (herein referred to as ACTIVITY), which is sponsored by the Recreation and Wellness Center (herein referred to as SPONSOR), a component member of THE UNIVERSITY OF CENTRAL FLORIDA, I hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND HOLD HARMLESS for any and all purposes SPONSOR, The UNIVERSITY OF CENTRAL FLORIDA, the UCF BOARD OF TRUSTEES, the STATE OF FLORIDA and the FLORIDA BOARD OF GOVERNORS and their respective officers, servants, agents, volunteers, or employees (herein collectively referred to as RELEASEES) FROM ANY AND ALL LIABILITIES, RESPONSIBILITIES, CLAIMS, DEMANDS, CAUSES OF ACTION OR INJURY, INCLUDING DEATH, that may be sustained by me while participating in such ACTIVITY, or while on the premises owned or leased by RELEASEES. I acknowledge there may be physically strenuous activities. I know of no medical reason why I should not participate.

2. I am fully aware that there are inherent risks involved with ACTIVITY, including but not limited to possible physical injury (including, but not limited to broken bones, strains, sprains, bruises, concussions, heart attack, heat exhaustion) and loss of life and I choose to voluntarily participate in said ACTIVITY with full knowledge that said ACTIVITY may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me as a result of participating in said ACTIVITY, whether supervised or unsupervised. I further agree to indemnify and hold harmless the RELEASEES for any loss, liability, judgment, settlement, damage or costs, including court costs and attorney’s fees for both the trial and appellate levels that may occur as a result of or in any way related to my participation in said ACTIVITY.

3. I understand that RELEASEES do not maintain any insurance policy covering any circumstance arising from my participation in this ACTIVITY or any event related to that participation. As such, I am aware that I should review my personal insurance coverage.

4. I hereby certify that I am at least 18 years of age and am legally competent to sign this release form. If I am under the age of 18, I have had legal parent/ guardian sign this agreement, along with myself. It is my express intent that this release shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be governed by the laws of the State of Florida.

I hereby represent that I HAVE READ THIS RELEASE FORM IN ITS ENTIRETY AND UNDERSTAND ALL OF THE TERMS AND CONDITIONS IT CONTAINS AND UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT VOLUNTARILY as my own free act and deed; no oral representations, statements, or inducements apart from this release form have been made. I execute this document for full, adequate and complete consideration fully intending to be bound by the same, now and in the future.

Printed Name: ___________________________________ Signature: ___________________________________
Date Signed: ___________________________________ Student PID #: ________________________________
Witness Printed Name: ___________________________ Witness Signature: ______________________________
Biggest Winner Agreement

By accepting a spot in the Spring 2019 Biggest Winner Program, running from January 28th – March 8th. I agree to the following conditions:

- Show up on time to ALL personal training sessions and team challenges
  - 2 consecutive sessions missed will result in termination from the program
- Maintain a daily nutrition and fitness log through My Fitness Pal; must provide trainers with weekly updates to your food log
- Communicate with your coach if you need to miss a training session.
- Understand the physical and mental requirements involved in this program
- If any changes to your physical or mental health changes at any point of the program please communicate with your coach
- HAVE FUN!

By accepting a spot on one of our Biggest Winner teams for the Spring of 2019 we are providing you complementary personal training, however, if you fail to meet any of the above requirements, or must drop out of the program for any given reason you may be held accountable to reimburse the Recreation and Wellness Center for the personal training sessions.

Participant Name:_____________________________

Participant Signature:_________________________ Date:_______________

Witness Signature:____________________________ Date:_______________
Recreation and Wellness Center

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<td>1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?</td>
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<td>2. Do you feel pain in your chest when you do physical activity?</td>
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<td>3. In the past month, have you had chest pain when you were not doing physical activity?</td>
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<td>4. Do you lose your balance because of dizziness or do you ever lose consciousness?</td>
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<td>5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</td>
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<td>6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</td>
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<td>7. Do you know of any other reason why you should not do physical activity?</td>
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**YES to one or more questions**

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

**NO to all questions**

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
- Start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, tell your doctor before you start becoming much more physically active.

**DELAY BECOMING MUCH MORE ACTIVE:**

- If you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- If you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your doctor or health professional. Ask whether you should change your physical activity plan.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

**NOTE:** If the PAR-Q is being given to a person before he/she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

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NAME: ________________________________

SIGNATURE: ________________________________

DATE: ________________________________

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of majority):

WITNESS: ________________________________

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.