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Sports: HBKU Biggest Loser Challenge

18 - 25Sep2017

- 08:00 AM - 09:00 PM
- Female Fitness Gym, HBKU Student Center

About Event

HBKU Sports and Recreation – Student Life is organizing a Biggest Loser challenge to raise awareness on the importance of staying fit. Participation is open to all female Qatar Foundation members. Registration will start on September 1, 2017.

Details of the challenge:

1. Each participant will have the opportunity to weigh-in 16 times.
2. All weigh-ins are mandatory and will take place on Sundays.
3. The competition will commence with the individual category.
4. Participants will have the opportunity to work with fitness instructors.
5. Four group challenges will be held on Sundays, from 10:00 am to 8:00 pm.
6. Twelve classes will be offered (one every week) to help with participants with their weight loss. Classes will include insanity workouts, circuit, Zumba and Tabata.
7. Classes will be classified into three categories: strength, cardio and water.
8. There will be three group workouts a week.
9. Trainers will set group workout times.
10. Meetings between trainers and participants will be held in the Fitness Room at the HBKU Student Center. Off-site meetings may be held once a waiver/permission form is filled out.

Other competition rules:

1. All participants must drink plenty of water and fluids throughout the competition.
2. Not eating will not be allowed. The best way to lose weight is by eating healthy food throughout the day.
3. Using the sauna for weight-loss purposes is not effective and is not allowed. Participants will end up losing water weight. Use of the sauna less than 2 hours before a weigh-in will not be allowed.
4. Excessive exercise will not be permitted. If the staff/trainers feel that participants are over exerting themselves to the point of physical or mental harm, they may be removed from the competition.
5. The final results of the competition are based on the percentage of body weight lost.
6. In the event of a tie, trainers will consider pounds and inches lost, effort, and the number of workout sessions and weigh-ins completed.
7. Staff members have the right to disqualify participants for not complying with the rules of the competition.

CONTACT INFO

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