



'PYC – MGs FITNESS CHALLENGE SUPER MAKE OVER CONTEST 2016'

NAME _____

ADDRESS _____

EMAIL ID _____

CELL NO _____

Date of birth _____ AGE _____

Suitable batch timings _____

HEALTH HISTORY

Knee/Shoulder/back _____

If any Other Injuries _____

Blood Pressure/Hypertension please mention the BP score _____

Diabetes, Please Mention the Count _____

Ever played any sport & Level _____

Do you Cycle, run & swim _____

I have furnished the correct health information and consulted my doctor for participation in the makeover contest. I am participating on my own risk, will not held contest organisers MG's sports & fitness – PYC Hindu Gymkhana responsible for any health problem, mishap, injuries occurs while participating in the contest

Signature of the participants _____

Date _____ T shirt size in alphabet _____ in number _____

'MG's – PYC Fitness Challenge Make Over 2016' contest rules and regulations

- Event will start on Saturday the 2nd January 2016
- Event registration starting 23rd Nov & last date 15th December 2015
- Measurements and fitness test will be done between 21th Dec to 26th Dec 2015 in pyc gym
- Participants briefing on Sunday the 20th December 2015 at 6.30 pm in A1 PYC hall, We will explain all points and rating system in the meeting, mandatory for all participants to attend, no complaints will be entertained later

Event categories

- You may give entry in makeover contest, after fitness assessment we will decide your level of fitness ELITE /1/2/3 level as per the age parameters put up in the gym (maximum points given for first test)
- All test results and ratings will be displayed on www.mgsportsfit.in/mygym every month, all fitness norms are mentioned in the event booklet attached
- People having medical history must get Doctors clearance certificate for participation and mention the problem on the admission form
- This is **NOT ONLY A WEIGHT LOSS contest but a fitness contest**, an individual achieves the best results in all anthropometric and physiological test will be declared as winner. The tests are as follows
 - 1 Body fat, muscle mass
 - 2 Height, Weight
 - 3 Waist- hip ratio
 - 4 Strength
 - 5 Endurance
 - 6 Flexibility
- Above mentioned test will be taken on first 3 working days of every month by appointment only, Contestants showing best results in all above test will be declared as overall winner. Event is open to all above 15 years
- All the teams will be under MG's observation and follow the programme given to them in PYC GYM, participants to attend group and outdoor activities in specific timings
- Participants will be divided in various teams through auction process; The group of teams will have names for the event and will be given different colour t shirts
- **The fee for MAKE OVER till 30th Nov is Rs. 4000/- plus tax for PYC members & Rs. 5500/- plus tax for PYC non members. From 1st December the fees are Rs. 4500/- plus tax for**

PYC members and Rs. 6000/- plus tax for non PYC members (members those paid the gym fees will have to pay the difference of makeover fee) include three months gym fees, Individual assessment, Registration fee, Individual Diet programme, Individual exercise programme with images, Makeover t shirt, Makeover prize distribution function with dinner

- After registration at the PYC reception the participants are requested to submit the receipt in the gym and appear for fitness assessment and diet counselling as per the appointment between 20th Dec & 26th Dec 2015
- After assessment your name will be uploaded on the www.mgsportsfit.in/mygym software system and you will get a mail with the password to log in, you may see your data and fitness parameters filled in, you may edit the personal information if required and change the password. Your exercise and diet programme as per your assessment will also be uploaded on your software page and will be updated after the next assessment if required
- You may get the print out of the exercise programme and show it to the instructor in the gym, they will be happy to help you to achieve your desired goal. Please make the habit of reading the gym notice board and upload the MGs app for gym updates