

## **PIONEER MEMORIAL HOSPITAL & HEALTH SERVICES**

### **“BIGGEST LOSER” DXA SCAN CHALLENGE RULES & INFORMATION**

**Everyone 16 and older can participate in the challenge and try to win any or all of the cash prize packages. Unfortunately, the DXA scan equipment has a weight limit of 350lbs. To qualify for DXA prizes, a DXA Total Body Scan must be performed and the following items must be met;**

\*Must be over the age of 16 (under 18 must have parental consent)

\*Must not be currently pregnant

\*Must consent to receiving a small amount of ionizing radiation from DXA scan for DXA challenge prizes

**\*Radiation exposure is less than a daily dose from environmental sources\***

\*Must obtain two DXA Total Body Composition Scans within a 90 day window for DXA challenge prizes. The first scan must be completed in the month of January during regular business hours. M-F 8-5

**An appointment must be scheduled from January 2<sup>nd</sup> – 31<sup>st</sup> for the  
Registration/Weigh-in/Total Body DXA Scan @  
Pioneer Memorial Hospital & Health Services**

**\$30 entrance fee covers the entire challenge program  
CASH PRIZES WILL BE AWARDED!**

**To be eligible for DXA challenge prizes all participants will receive two Total Body DXA  
scans within the 90 day challenge window.**

**This is a \$60 Value!**

**Registration/Weigh-in/DXA Scan:** Each participant must schedule a time during open business hours, which are Monday-Friday 8-5 pm between the dates of January 2<sup>nd</sup> through January 31<sup>st</sup>. The appointment will take approximately 20 minutes and will consist of a weigh in and Total Body Composition DXA Scan for those attempting DXA challenge prizes. Please come to appointment wearing light clothes without metal. (This includes zippers, jewelry, bra snaps/wires, and hair ties.) If needed, a gown will be provided to change into. After your scan, the detailed results will be explained to you and you will receive a gift bag with tips and healthy items. A follow-up DXA scan **MUST** be performed to be eligible for DXA challenge prizes. This scan has to be completed at/or before 90 days from your first scan to determine amount of fat percentage loss.

This scan uses Dual Energy X-ray Absorptiometry to distinguish muscle versus fat percentages. A DXA scan (formerly known as DEXA scanning) is a low-dose x-ray. In fact, total radiation exposure is less than a daily dose from environmental sources. The DXA scan procedure is relatively quick and generally takes less than seven minutes (depending on body size).

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The individual being tested remains fully clothed without metallic objects and lies still in a supine position for the duration of the x-ray. At the end of the study, a technologist will provide you with a printout of your results.

The DXA scan is the current “Gold Standard” for accessing total body composition. Your body is made of water, protein, carbohydrate, vitamins and minerals, and fat. Too much fat, particularly at the waist, puts you at a higher risk for heart disease, diabetes and certain types of cancer.

Overweight refers to having increased body weight in relation to height while obesity is defined as having an excessively high amount of body fat in relation to lean body mass. Understanding the total body fat as well as the distribution of fat throughout the body is important in assessing overall health.

**Group workout sessions** – (Challenge Participants have free use of our Wellness Center at Pioneer Memorial Hospital during the challenge.)

**Weigh-ins:** Weight will be taken at the beginning and end of the challenge only. The end results are used to determine a winner and will be calculated by the Total Body Composition DXA scan and weigh in numbers.

**Prizes** –Winners of the various challenges will win cash prize packages. It is possible for the same individual to win in multiple prize categories. The prizes and challenge categories are:

DXA Scan Most Fat Loss by Percentage -\$150 Cash Prize

DXA Scan Most Fat Loss -\$50 Cash Prize

DXA Scan Highest Muscle Gain by Percentage - \$50 Cash Prize

Most Weight Loss by Percentage -\$100 Cash Prize

Most Weight Loss Overall - \$100 Cash Prize

**The BIGGEST and BEST PRIZE is given to all registrants: The chance for change, the chance for better health!**