

For
Participants

The more
you lose,
the more
you win.

RAK BIGGEST WEIGHT LOSER



CHALLENGE

JOIN THE 8-WEEK CHALLENGE

20th January to 22nd March 2023





1. Objectives

One of the biggest challenges faced globally is obesity and being overweight, which is largely the contribution of overeating and a sedentary life, leading to various metabolic diseases including Diabetes, High Blood Pressure, Coronary Artery Disease, several forms of Cancer, & various Lifestyle Diseases.

The UAE United Arab Emirates is ranked fifth in the global obesity index, with 40 per cent of 11 to 16 year olds and 40 per cent of adults classified as overweight or obese. (source: Trade Arabia)

Our Objectives in conducting this Annual Weight Loss Challenge are-

- To improve the quality of life of an individual/community/society by promoting the national agenda of quality health & quality healthcare.
- Joining hands with Health authorities (MOH-Preventive Medicine) in implementing comprehensive lifestyle medicine & chronic disease management programs.
- For RAK hospital to provide a comprehensive one-stop health solution, from Illness to Wellness.
- To support the community with necessary information and education for the better management of weight & better health.

2. Registration & Categories

- **RBWL Challenge 2023 Period: 8 Weeks from 20th January to 22nd March 2023**
- **Registration Free: From Jan 13th onwards**

Catagories

- **RBWL Physical Challenge:** Those participants who wish to be a part of the Physical RBWL Challenge category, must weigh in at RAK Hospital, on the first day & final day, & must bring all their Registration Documents for validation. Children aged between 12 & 18 years may participate in this category with their Parents approval.
- **RBWLC Virtual Participants:** Participants may weigh in at any medical clinic convenient to them. But to qualify for an Award/Recognition, the participant must have proof of weighing in at a clinic at first & last weighing in. This category is for Adults only.
- **RBWLC Corporate Team Challenge:** For Corporates & Educational Institutions etc. To be a Team member, the participant must identify his institutions name in the registration form. Results will be decided on the Average weight lost by the top 10 team members of the Institutions Team.
- **RBWLC Schools Weight loss Challenge:** School children aged between 12 & 18, may participate in this challenge as part of their School Team. Results will be decided on the Average weight lost by the top 10 team members of the school children's team.
- **Participation in 2021-22:**
 - **Physical Category:** 5655
 - **Virtual Category:** 5289
 - **Corporate Category:** 9 Corporates



3. Awards & Recognition

- **Male & Female.** There will be separate winners (Male & Female) in both RBWL Physical & Virtual categories.
- **Physical Participants.** Win Exciting Cash Prizes & other Sponsorship Prizes.
- **Virtual Participant** winners, will receive Sponsor Vouchers, Complimentary Health Checks.
- **RBWL Corporate Team.** Team may comprise both male & female members. Winning team will get the Annual RBWL Corporate Trophy.
- **RBWL Schools Team.** May comprise Boys, Girls or Mixed. Winning team will get the Annual RBWL School Trophy.
- **Criteria for Winner selection** (Male/Female) is based on:
 - Maximum Weight (Kgs) Lost
 - If there is Tie, Percentage Weight Loss will be the deciding factor.
 - Separate prizes will also be awarded to the participants (M&F) with **the best percentage of weight lost.**
- **Top 10, Male & Female participants** with Maximum weight lost will get a RAK Hospital Swiss Health Check Vouchers
- **Top 100 Weight Loss Participants:** Certificates, will be awarded to the top 100 weight losers total, from Physical & Virtual Categories.
- **Final Day / Award Ceremony Venue:** RAK Hospital Lawn

4. Weight Loss Tips & Webinars:

All participants will receive Weight Loss Tips by email, every week and will get access to our weekly Weightloss Webinars.

5. Criteria & Eligibility:

1. All UAE residents, can participate in the RAK Biggest Weight Loser Challenge.
2. Children between the ages of 18 & 12 can also participate with Parental Consent
3. Both Male & Female participants are eligible for the challenge.
4. Medical consent & indemnity forms are required to be accepted by participants.
5. For the Corporate Team Challenge, & School Challenge team members must produce their institutional ID cards when required.



6. Rules & Regulations

1. Every participant will register online at RAK Hospital site.
2. Participants in the RBWL Physical Challenge will have to visit RAK Hospital between 20th - 22nd January, 2023 for registration / validation of participation, weight, etc.
3. Virtual Participants may take their weight at any Registered Clinic between 20th & 22nd January 2023, for Registration/validation of participation, weight etc.
4. Corporate & School Teams may weigh in at their respective institutional premises, duly certified
5. All Participants during the registration & validation will get medical consent/indemnity form.
6. Participants have to produce their Emirates ID for verification & registration (on Day 1 and Final Day, for Physical participants).
7. Weekly recording of the weight can be done at home or clinic.
8. Participants will receive weekly Healthy tips to lose weight by email.
9. Participants will be invited to attend weekly weight loss webinars, presented by eminent faculty
10. Certified Monthly recording of the weight will be required for Award winners.
11. Active participants will be invited for final weigh recording before the final event.
12. Top 100 weight losers will be invited for final day.

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