



We are excited to introduce “Lighten your Load 2010” to the employees of CA Barrs.

Participation in Lighten your Load is voluntary. *However, we fully expect that the greater the participation in this competition, the health of our families will greatly improve along with our energy levels and attitudes. An added benefit will be that the constantly increasing cost of health insurance will decline for our company as a whole. We are a single group in regard to health insurance, so the healthier we become, the fewer dollars we spend on healthcare!*

The health screening provided by Sentara will measure the following items:

- Weight
- Nicotine Levels
- Full Lipid profile (Cholesterol, Blood Sugar)
- Blood Pressure
- Body Mass Index (Body Fat %)

After the initial screening, each participant will only be tested for the activity he or she is competing. If you are only going to quit smoking, you will only be tested for nicotine. We have contracted with Sentara Occupational Medicine to administer the Health Screen. The medical specialists from Sentara will privately evaluate each participant.

CHECK YOUR OPTION, SIGN BELOW, AND RETURN THE FIELD OFFICE BY WED, JAN 27:  
(Check as many options as you want. One participant could win up to \$3,700)

\_\_\_\_\_ I enter the weight loss competition.

\_\_\_\_\_ I enter the blood pressure improvement competition.

\_\_\_\_\_ I enter the cholesterol reduction competition.

\_\_\_\_\_ I commit to quit smoking permanently.

\_\_\_\_\_ I commit to quit dipping or chewing tobacco permanently.

\_\_\_\_\_ I do not need to do any of the above but would like to track my health and fitness goal of: \_\_\_\_\_

\_\_\_\_\_ I am not concerned about my health and, therefore, do not want to participate in Lighten Your Load 2010.

I agree to the terms and conditions of the Lighten Your Load - Rules and Guidelines

\_\_\_\_\_  
Signature and Printed Name

\_\_\_\_\_  
Shirt Size

\_\_\_\_\_  
Date