



## RULES, CONDITIONS & ELIGIBILITY SUMMARY

### \$5,000 Visceral Fat Loss Challenge

#### 1. Purpose

The CHNZ \$5,000 Challenge exists to:

- Reward measurable health outcomes
- Encourage consistency and accountability
- Maintain fairness and integrity at national scale

#### 2. Challenge Format

- Type: Visceral Fat Loss
- Duration: Five (5) consecutive weeks
- Measurement Method: Objective scan data only
- Approved Scanner: EVOLT Body Composition Scanners

Only data from EVOLT Body Composition Scanners operated at Community Health New Zealand affiliated venues will be used for ranking and verification.

#### 3. Challenge Dates (Current Cycle)

- Start: Saturday, 14 February, 9:00 a.m.
- End / Final Verification: Saturday, 21 March, 12:00 p.m. (midday)

#### 4. Eligibility Criteria

To be eligible to win, participants must:

1. Be an active CHNZ member
2. Maintain paid weekly membership for the entire five-week challenge
3. Complete required scans within official scan windows
4. Use EVOLT Body Composition Scanners located at Community Health New Zealand affiliated venues only
5. Comply with all CHNZ participation requirements

Failure to meet any requirement results in ineligibility.

#### 5. Membership Requirement (Critical)

Eligibility requires continuous paid membership from challenge commencement through to final verification.

Missed, paused, or unpaid memberships — regardless of scan performance — render participants ineligible.

## **6. Measurement & Ranking**

- Rankings are based on objective visceral fat reduction
- Subjective or alternative measurement tools are not accepted

## **7. Prize Claim Conditions**

To claim the \$5,000 prize, the winner must:

- Attend the prize presentation in person
- Consent to name and image use for promotional purposes
- Provide a brief acknowledgment statement

## **8. Governance & Integrity**

If no participant meets all eligibility requirements, no prize will be awarded for that cycle.

This protects:

- Fairness
- Transparency
- Long-term credibility of CHNZ challenges

## **9. Acceptance**

Participation constitutes acceptance of all rules and conditions.

## **Community Health New Zealand**

Integrity-led programmes for stronger, healthier communities.