

Wednesday, October 16, 2024



Official Rules & Regulations
Lighten Up East Texas Regional Weight Loss & Community Challenge

To be eligible for our prize drawings, a person must abide by these rules:

1) Each registrant must have their starting weight recorded between January 6, 2025, and January 31, 2025, at one of our designated weighing locations.

All entrants must return to one of our designated weighing locations between Monday, April 21, 2025, and Friday, April 25, 2025, and have their final weight recorded, as that activity completes our official registration process.

An entry will be earned for every 5% of weight that is lost between the initial and final weights. A maximum of four entries (20% of weight loss) can be earned.

2) Persons who participated in previous years will need to register every year. Every entrant must register at one of our designated weighing locations.

3) Persons must be weighed on a scale that is approved by the administrator(s) of each weighing location. Removing shoes, jewelry and personal accessories is highly recommended so that a valid comparison of weight loss may not be achieved when recording your final weight.

4) Any person at least 18 years of age at the time of their registration may enter. Entry into LUET 2025 is also available to businesses, nonprofits, office worksites, and community locations that would like to enter their employees and customers.

6) Eligibility for the LUET Grand Prize drawings will be based on the percentage of body weight that is lost between each person's initial and final weights. Calculated differences will be absolute; weight loss totals will not be rounded.

7) The Fit City Tyler Steering Committee reserves the right to restrict the winners to only persons who entered Lighten Up East Texas at one of our official weighing locations that reside within one of these Texas counties: Smith, Gregg, Rusk, Cherokee, Anderson, Henderson, Rains, Van Zandt, Kaufman, Wood, Upshur, Camp, Morris, Titus, Franklin, Hopkins, Delta, Lamar, Red River, Bowie, Cass, Marion, Harrison, Panola, Shelby, Nacogdoches, Angelina, Sabine, San Augustine, Newton, Jasper, Tyler, Polk, San Jacinto, Trinity, Houston, Walker, Madison, Leon, Freestone, Navarro, Hunt, and Fannin.