

2018 Get Fit Team Weight-Loss Challenge Information

Lose 5% or more of your body weight over the 12 week period and receive a \$20 gift card and, if your team averages a loss of 3% or more, a chance to win \$200 or \$100 cash prizes.

Program includes:

- weekly weigh-ins each Monday 6:00am-6:00pm
- unlimited January adult group exercise classes
- opportunity for individual counsel on diet
- one team session with a trainer or coach
- diet and nutrition meetings
- support from your team and YMCA staff

1. ALL participants must complete and sign the team enrollment form, as well as provide the contact and personal information.
2. Please be prepared to schedule a team meeting with a Trainer or Coach when your team registers or at the initial weigh-in. Bring your Get Fit Folder and its contents, including the *completed* Health History Participation Form with you when you meet with your trainer/coach.
3. Please provide a team name that is appropriate *at the time of registration*.
4. All Challengers MUST WEIGH AT THE YMCA ANYTIME 6AM-6PM JANUARY 2, 4 or 8.
5. Read this information sheet, "Get Fit Calendar 2018", "Tips for Setting Your Wellness Goals", "Portion Size Guide", and "Policy for Training, Coaching and Orientation Appointments". Complete and sign "Health History Information Form". DO NOT complete "Building Smart Goals" until you meet with your trainer, coach or dietician.
6. Begin tracking your food and drink consumption and exercise with the enclosed "Daily Food and Activity Journal" or on www.MyFitnessPal.com. If you opt to use the paper journal, you have been provided with 2 copies. Please make additional copies as you will want to continue journaling throughout the Challenge for best results.
7. Challengers must weigh on March 22 or 23, anytime 6:00am-6:00pm for the Final Weigh-in, to be eligible for individual gift card or cash prizes.
8. Only teams that have all members weigh at the Final Weigh-in and average at least 3% loss, will be eligible for the \$100 and \$200 prizes. Only those team members who have lost at least 5% will be entered in the drawing for those cash prizes.
9. Reminder: Because of the nature of a challenge, all fees are non-refundable.

Get Fit Calendar 2018

January 2- 31: Free Adult Group Exercise Classes for registered Get Fit Challengers

- Participation is on a first-come-first-serve basis, so please arrive early and pick up your pass at the Y Member Services Desk.
- Ballroom Dance is excluded because of the progressive nature of the class.
- Challengers have the option of registering for unlimited group exercise classes after the free January classes for only \$28/month via monthly bank draft. Inquire at the Y Member Services Desk for details.

January 2-March 22:

- Track your food and drink consumption and exercise with the “Daily Food and Activity Journal” in your Get Fit Folder or on www.MyFitnessPal.com.
- Explore www.ChooseMyPlate.gov for information on a balanced, healthy diet for life. Then complete “Rate Your Plate” for at least 5 days.

January 2, 4 or 8, anytime 6:00am-6:00pm: Mandatory Initial Weigh-in

January 4-31: Attend a scheduled team meeting with trainer or coach. By appointment only please. Bring your Get Fit Folder and its contents, including the *completed* Health History Participation Form with you.

Registration closes at 6:00pm on January 8.

Monday, January 8, 6:30pm: Diet and Nutrition Meeting by Hannah Helton, RD

Everyone attending will be entered in a drawing for two \$25 Babbs Supermarket gift cards as well as other surprises and give-a-ways!

January 15- March 12: Weekly Weigh-in is every Monday anytime 6:00am-6:00pm

Thursday, January 18, 6:30pm: Diet and Nutrition Meeting by Hannah Helton, RD

Everyone attending will be entered in a drawing for two \$25 Babbs Supermarket gift cards as well as other surprises and give-a-ways!

Appointments Available with Hannah Helton, RD: Please schedule at Y Member Services Desk. Bring at least one week of your completed “Daily Food and Activity Journal” or a printout of at least one week from MyFitnessPal with you to your appointment. You may also bring “Rate Your Plate”.

Wednesday, January 24, 5:00-7:00pm

Monday, January 29, 9:30-11:30am

Wednesday, January 31, 5:00-7:00pm

March 22 or 23, anytime 6:00am-6:00pm: Mandatory Final Weigh-in