



# BEFIT CHALLENGE

## Be Fit Team Challenge Contest Guidelines & FAQ's

**\*Registration must be received by 4 pm on January 7th to ensure Be Fit participant materials, including t-shirt. Registration forms are available at the United Way or YMCA. Drop off or mail your registration form to United Way, 301 North Main Street, PO Box 605, Austin MN 55912**

### Be Fit Team Challenge

- \*Contest is based on exercise and nutrition points. This contest is a team challenge for those who do not necessarily wish to lose weight but are active or wish to increase activity. There will be one overall team winner for the group who accumulates the most exercise and nutrition points combined during the 14 week competition.
- \*Cost to participate in the Be Fit Team Challenge is \$10 per person. THIS IS NOW A TEAM COMPETITION. Teams are made up of 4-8 people. Any teams registered larger than 8 will be divided by United Way.
- \*Each participant will receive a t-shirt, event calendar, FAQ's and contest guidelines. Anyone registering after January 7th will not receive a shirt. The cost to participate is \$10 whether or not you order a shirt. Be Fit participants can pick up their materials at the YMCA on January 14th from 6am-7pm.
- \*T-shirts are not exchangeable. Shirts are 100% pre-shrunk cotton. Log onto our website to see the T-shirt.
- \*Exercise points are tiered. Visit [www.uwmower.org](http://www.uwmower.org) to find out how many points your exercise is worth. Click on Get Fit, Exercise Log. Earn bonus points for attending Get Fit events/seminars. You must sign in at events in order to receive bonus points. United Way will track bonus points based on the sign in sheets only. If you fail to sign in, you will not receive bonus points for that event.
- \*Participants must enter points electronically. You can keep track of exercise and nutrition points and update as you wish on our web site. Team Standings will be posted weekly so you can see how your team is doing against all others.
- \***ALL COMMUNICATION WILL BE DONE VIA EMAIL.** Participants will receive a weekly update every Wed with information, recipes, upcoming events, tips, etc. Please list an email address that you check often. If you do not have an email address please contact United Way at 437-2313.
- \*You can register at United Way or YMCA. You can also download the registration form on United Way's website at [www.uwmower.org](http://www.uwmower.org).
- \*The United Way of Mower County will make all final decisions regarding contest winners and point calculation.
- \*United Way of Mower County and the YMCA of Austin are not responsible for any injuries or illnesses associated with participating in the Be Fit Team Challenge. By registering for Be Fit participants are admitting they are responsible for their health and are qualified to participate. Minors must have approval of parents to participate.

Check United Way website at [www.uwmower.org](http://www.uwmower.org) for updated information, recipes, events, etc., beginning January 14th and throughout Get Fit/Be Fit Challenge. If have any questions please call our office at 437-2313 or email [unitedmr@smig.net](mailto:unitedmr@smig.net).

# Be Fit Challenge Frequently Asked Questions

**How is this different than last years competition?** This year Be Fit Challenge is a TEAM competition. Teams can be 4-8 people. Teams will earn points based on exercise and nutrition. There will only be one team winner in the Be Fit Challenge. There will be no overall individual winners. The Challenge has been extended from 9 weeks to 14 weeks. This year we are also introducing online tracking. Learn more about that below. There will be new mini-competitions, events and seminars throughout the 14 week challenge.

**Where do I get my Be Fit “bag”?** There will not be a “bag” this year. Participants have the option of ordering a T-shirt. T-shirts, event calendar, FAQ’s and contest information can be picked up at the YMCA on January 14th 6am-7pm.

**What if I am out of town on January 14th and can’t pick up my materials?** Call the United Way office at 437-2313 or email [unitedmr@smig.net](mailto:unitedmr@smig.net) and we will make arrangements for you at a different time.

**Can I participate in the Get Fit TEAM Challenge and Be Fit TEAM Challenge?** Yes. You can participate in both challenges however you will have to pay the registration fee for every contest you participate in.

**What if I want to participate as a family?** You can still participate as a family, just register under the Be Fit Team Challenge.

**What is the online component?** This year all participants will enter points electronically. You can update your activity and nutrition points on our website. Each participant will be able to log-in securely to record their progress. In addition to online tracking we will have weekly updated team standings so you can see how your team is doing against all others.

**Do I need to give an email address on my registration form?** YES. All communication will be via email this year. Weekly updates, reminders, questions, etc will be via email. If you do not have an email account please call United Way at 437-2313.

**What if I lose my Exercise Log?** There are NO paper exercise logs this year. Remember all activity: exercise and nutrition points can be recorded online, as often as you wish.

**What is the nutrition requirement?** If you get your DAILY requirement of fruits AND vegetables you earn 10 points for that day. Your daily requirement is 5 servings of fruits and vegetables per day. You must obtain your daily requirement of BOTH fruits and vegetables to receive points, not just one. You can not earn points for obtaining part of the goal. It’s all or nothing.

**How do I earn bonus points?** You can earn bonus points by attending a Get Fit/Be Fit sponsored event. You will receive an event calendar with your Get Fit/Be Fit materials. A sign up sheet will be at the events. [You must sign in to receive points.](#) You do not have to record your bonus points, United Way will track bonus points based on the sign in sheet. You will receive 50 bonus points per event attended. All events held after March 10th will receive 75 bonus points.

**What are the prizes?** Your \$10 registration fee entitles you to win over \$200 in prizes. Each winning team member will receive a gift certificate to Games People Play, a certificate from South Central Athlete for a new pair of shoes (up to \$100), a Hy-Vee Health Market basket, and 1 hour massage.