

# GETFIT CHALLENGE

## Get Fit Challenge Frequently Asked Questions

**How is this different than last years competition?** Get Fit 2010 has a number of components. This year there will be only one team winner in the Get Fit Challenge and 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. 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.

**Will I be weighing-in in public?** No. Your weight will be kept private. There will be other people at the weigh in locations but your weight will not be published or broadcast for anyone to hear.

**Where do I get my Get 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 will be handed out at weigh in to Get Fit Team Challenge participants.

**Do I have to weigh in at the location I selected on the registration form?** YES. All registration information and Get Fit items will be taken to the weigh in location you selected. If you weigh in at another location you will not receive any Get Fit items. You will have to stop by the United Way office after January 14th to pick up your materials.

### **What are the weigh in locations and times?**

YMCA: 6am-7pm (for anyone)	Hormel CON: 10:00-12:00 (emp only)	Hormel COS: 8:00-9:30 (emp only)
Hormel Plant Medical Dep (emp only)	AMC: 8:00am-3:00pm (anyone)	Grand Meadow Clinic: 8:00-12:00
Adams Clinic: 8:00-12:00		

*Remember you must weigh in at the location you selected on your registration form.*

**What if I miss weigh in, mid point or weigh out?** If you miss weigh in and do not contact United Way beforehand to make other arrangements you will be removed as a team participant for the purposes of calculating points. *If you fail to participate in the mid point weigh in and fail to notify United Way before hand, 1 pound will be added to your teams weight. If you fail to weigh out and do not notify United Way beforehand to make other arrangements your team will be docked 500 points in the final calculation.*

**Is the mid point weigh in mandatory?** Yes, this year the midpoint is mandatory. The contest has been extended to 14 weeks. A mid point weigh in will give you the push you need to finish strong.

*\*The deduction in points are not to punish team members but to make all members accountable to the rest of the team. Every ounce counts in the Get Fit Challenge and even if you are not doing well it is your responsibility as a participant and team member to attend the weigh ins. The mid point weigh in has been added as a mandatory requirement to give you a benchmark on your progress and to give you the additional push you need to finish strong. ONLY THE WEIGH IN AND WEIGH OUT weights will be used in final calculation.*

**What if I am out of town on January 14th, March 4th or April 22nd to weigh in or weigh out?** 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.

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

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

**What is the online component?** This year all participants enter points electronically. You can keep track of and 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, team standings will be updated 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: weight loss, exercise and nutrition points can be recorded online, as often as you wish.

**Can I exchange my t-shirt if it doesn't fit?** NO. We have ordered the sizes indicated on the registration form only and no extras. T-shirts are optional this year. However the cost to participate in the challenge is still \$10 whether or not you receive a t-shirt.

**What is the nutrition requirement?** If you get your DAILY requirement of fruits AND vegetables you earn 10 points for that 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 prior to March 10th. 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 worth of prizes: Gift certificate to Games People Play, 12 week fitness program at the Y (even if you are not a member), 1 hour consultation with Hy-Vee dietitian including personalized meal plan, Hy-Vee Health Market Basket and other gift certificates.