



Contest Guidelines

January 12-March 29, 2012

Team Challenge

- Be Fit 2012 is based on 3 team challenges.
- Team size is 4-8
- Competition 1 (week 1-4): each member of the team must complete an ultra-marathon (52 miles) during the 4 week competition. Miles can be ran or walked. The winner is the team that has every member complete the 52 miles and has the highest nutrition & bonus points.
- Competition 2 (week 5-8): each member must complete a triathlon (2.4 mile swim, 112 miles on bike & a 26.2 miles run). The winner is the team that has every member complete the triathlon challenge and has the highest nutrition and bonus points.
- Competition 3: (week 9-11) This challenge is an individual competition that will take place March 25th. There will be only one individual winner and it will be determined that day. Competition is optional but you cannot win if you do not participate. Participants will be required to sign up ahead of time.
- Be Fit participants do not weigh in. Weight loss is not part of this competition.

Cost

- Cost to participate is \$15 per team member.
- Each participant will receive a shirt.
- **Shirts are not exchangeable.** You must take the shirt you ordered. Shirts are 100% polyester, similar to a dry-fit shirt. Women's shirts run slightly small. You can see the shirt on our website.
- **REGISTRATION ENDS JANUARY 5TH**

On-line System

- Teams will enter all nutrition points into the United Way website (www.uwmower.org)
- All nutrition points can be entered in no more than 1 week late. The system will not allow you to enter any points older than 1 week.
- Nutrition points are worth 30 points.
- Bonus points will be entered by United Way staff within one week of event.

Registration must be received by 4pm on January 5th to ensure Get Fit participant materials. Registration forms are available on United Way's website www.uwmower.org. Registration can be completed on-line or dropped off at United Way.

Points

- NO exercise points will be calculated.
- Bonus points will be entered by United Way staff. A sign-up sheet will be at every Get Fit/Be Fit event. Be sure to sign in to get bonus points.
- Nutrition is worth 30 points. Nutrition points cannot be entered into the system older than 1 week. Nutrition requirement is to eat a combination of 5 servings of fruits and vegetables a day. You will NOT receive credit for meeting half the requirement. It is all or nothing. There will also be a weekly nutrition bonus challenge. Visit our website for information on what is a serving and how to incorporate 5 fruits AND vegetables into your daily diet.

Miscellaneous

- United Way of Mower County is not responsible for any injuries or illnesses associated with participating in the Get Fit Healthy Living Challenge. By registering for Be Fit, participants are admitting they are responsible for their health and are qualified to participate. Minors must have parent approval to register.
- Registration can be completed on-line via PayPal/credit card only, by calling United Way with credit card or by mailing in forms with check.
- All forms can be downloaded at United Way's website www.uwmower.org
- Please call United Way's office at 507-437-2313 with any questions.

Get Fit and Be Fit are two different competitions under the same program. Be Fit focuses on exercise and nutrition. If you are looking for a program that focuses on weight loss, exercise and nutrition...check out Get Fit. We encourage families to register for Be Fit.