



Contest Guidelines

January 16-March 29, 2012

Team Challenge

- Get Fit 2012 is comprised of three separate team competitions that take place over 11 weeks.
- Team size is 4-8
- *Competition 1 (Jan 16-Feb 8)* – each team member must complete a walking marathon. **Every** member of the team will have 4 weeks to walk and/or run a total of 26 miles. The winning team will have every member completing 26 miles and have the largest number of nutrition and bonus points combined.
- *Competition 2 (Feb 9-March 7)* – every team member will complete the 4 week cardio and strength training program. The training calendar is available on our website. You do not have to complete the exercises on the day listed but **MUST** complete all exercises during the week. The winning team will have every member of the team complete every exercise in the time allotted and have the highest number of nutrition and bonus points. Training schedule will be on website by January 26th.
- *Competition 3 (March 8-March 29)* – every team member must complete the 5K Run/Walk training program. A training calendar is available on the website by Feb 23rd. The winning team will have every member of the team completing the 5K requirements and the highest number of nutrition and bonus points.
- There will be one overall team winner as well for Get Fit. The team with the highest percentage of weight loss from the beginning weigh-in to final weigh-out. No points will be used to calculate this team winner, only weight loss.
- A team can only win ONE mini competition. There will be a different team winner for each competition. However, all teams are eligible to win the overall Get Fit winner based on weight loss.

Cost

- Cost to participate is \$15 per team member.
- Each participant will receive a shirt at weigh-in.
- **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 small. You can see the shirt on the website.
- **REGISTRATION ENDS 4pm JANUARY 5TH**

On-line System

- Teams will enter all nutrition points on their Locker Room page on 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.
- Individual weights are NOT posted.
- 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.

Weigh-Ins

- **All weights taken are completely confidential** and are only used for the purpose of determining team winners.
- You must weigh-in at the location selected on your registration form.
- Beginning weigh-in is January 12th. Final weigh-out is March 29th.
- Any team that has a member who does not weigh-in and/or weigh out will not be eligible for prizes.
- If a participant is unable to make a weigh-in, simply contact United Way at unitedmr@smig.net to make other arrangements BEFORE weigh-in.

Points

- Only nutrition and bonus points will be counted.
- Bonus points will be entered by United Way staff. A sign-up sheet will be at every Get Fit event. Be sure and 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 Get 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. Get Fit focuses on weight loss and nutrition. If you are looking for a program that focuses only on exercise and nutrition...check out Be Fit. We encourage families to register for Be Fit.