

GETFIT BEFIT CHALLENGE CHALLENGE

Frequently Asked Questions Get Fit/Be Fit

What does the shirt look like and how does it fit?

- Picture of both shirts can be found on the website. Get Fit shirts are RED. Be Fit shirts are BLUE.
- The shirt is a Badger B-Dry Core t-shirt – 100% polyester moisture-management/anti-microbial performance fabric.
- Women's shirts run small. If you want a looser fitting shirt order a size larger.
- **SHIRTS ARE NOT EXCHANGEABLE. YOU GET THE SIZE YOU PUT ON YOUR FORM. NO EXCEPTIONS.**

Do I have to be a member of a fitness club to do any of the challenges?

- NO. All challenges are designed to do at either a fitness club or at home.
- During the second challenge, week 5-8, both Get Fit and Be Fit participants can use the Y at no charge.
- The cardio/strength training calendars will be on the website by the start of the challenge.
- The 5K challenge for Get Fit participants will be designed to extend past the Get Fit/Be Fit Challenge so you can continue to work towards the goal of a 5K.

How does the scoreboard work?

- The scoreboard will still keep track of all nutrition and bonus points. The Scoreboard will reflect the team that is in the lead based on the points only. Remember every team member must complete the mini challenges for your team to qualify for prizes.

What if I can't weigh in or out on the assigned day?

- If you cannot weigh in on January 12th or out on March 29th YOU MUST contact United Way of Mower County PRIOR to those dates to make arrangements to weigh in/out early.

What if one of our team members doesn't weigh in or out?

- If one of your team members does not weigh in or out, they are removed from your team and will not qualify for prizes. The rest of your team is intact and will not be penalized. However, if you are a team of 4 and one of your members does not weigh in or out, your team is not eligible to win the overall team weight loss prize. You are no longer eligible because teams must be 4-8 people. *Weigh in/out is used only for determining the overall team winner. It is not a factor in the other 3 mini challenges.*

What is the nutrition challenge and exactly what do I have to eat?

- The nutrition challenge is once again a combination of 5 fruits and vegetables per day. This means that you must eat at combination of at least 5 servings every day. To find out what a serving size is and how to incorporate fruits and vegetables into your diet, visit the Get Fit food page on our website. In addition, there will be nutrition challenges during the 11 week competition. These will be posted on the Locker Room page and in the weekly newsletter. They will be brief so watch for them.

I heard you can use the Y for free. Is that true?

- If you are not a member of the YMCA you can use the facility and attend any classes for FREE February 9th-March 7th.

Are there any substitutions that can be made for the Triathlon?

- Yes. You can substitute Aqua Jogging or Rowing for the swimming requirement in the Triathlon mini challenge. Aqua Jogging is moving in the shallow end of the pool only. Rowing is done outside the pool on the rowing machines. There are 2 rowing machines available at the Y. You do not need to be a great swimmer to complete this portion of the triathlon. You can use fins and kickboards. This is an opportunity to move out of your comfort zone and challenge yourself. *These are the only substitutions.* The triathlon is for Be Fit participants only.

Do all members of Get Fit have to do the same cardio/strength training plan in the 2nd mini challenge?

- No. If there are members on your team that want a little more challenge they can do the intermediate level plan. You can also move up to the intermediate plan during the mini challenge. Every team member must complete the weekly exercise in whatever plan they are doing in order for your team to qualify for prizes.

What is the Y Activity card and how does it work?

- The Activity card is just that...a card that encourages you to try different exercise activities. From February 9th-March 7th complete all the activities on the card and you will be entered into a drawing to win FREE 3-month memberships at the YMCA or have your current membership credited 3 months.

What if one of my Get Fit team members is pregnant?

- Contact the United Way of Mower County at 437-2313.

What if I don't have a team but want to participate?

- Contact the United Way of Mower County at 437-2313.

When are the Monday Walks?

- Earn bonus points and get exercise at the same time. Monday Walks are every Monday beginning January 16th from 5:30pm-6:15pm at Oak Park Mall. You will earn 50 bonus points for the 45 minute walk. There is a sign in sheet and YOU MUST sign in and out to get the point. This is a great opportunity to do something with your team members and get in some much needed exercise.

Are there any seminars I can attend?

- This year there are only 2 scheduled seminars. Jen Haugen will get us all started on the right foot nutritionally on January 25th. Kristi Stasi will present information on cardio and strength training prior to the start of the second mini challenge. More detailed information on these seminars can be found on the Calendar page of the Get Fit website. You must register in advance for the seminars.