



THE
WEEKLY
NEWSPAPERS

12-week Community Team **Weight-Loss Challenge**

Okay, you can win some (money, that is) and you lose some (pounds, that is) if you are part of this contest. Our goal is to promote healthier lifestyles, prevent illness and better manage chronic diseases in the Marathon area with this contest that focuses on weight control and camaraderie. Do you want to be fit or fat? You've got nothing to lose, but a few pounds. So, put your money where your mouth is and let's take it off!

Limited to the first 25 teams to sign up!

This is a 12-week weight-loss/wellness competition organized by **Fishermen's Hospital** and **The Weekly Newspapers** designed to help you lose weight, eat right and adopt a healthy active lifestyle.

Teams of three people compete to lose the highest percentage of weight - not necessarily the amount of weight - during the competition. (i.e. starting weight of 220 lbs. and ending weight of 200 lbs. would be a loss of 9% body weight)

How to get started:

- Form a team of 3 people. (Any individual, 18 and older, may join any team.) Teammates do not have to live in Marathon, but must be able to weigh-in each Monday at Fishermen's Hospital.
 - Download an application form from www.Fishermenshospital.com or www.Keysweekly.com. You may also pick up applications at The Weekly Newspapers (Marathon Office) or at Fishermen's Hospital. Please turn in applications ASAP - **FIRST 25 TEAMS WILL BE ACCEPTED**
 - Choose a unique name (i.e. Defeat De-fat, Inch Busters, Big Butts R Us, Profit & Loss, Diet Divas, Shrinking Assets, Waist Warriors, Jelly Bellies, Honey Buns, Big Daddies).
 - All Participants must attend the initial weigh-in any time from 4 to 6 p.m. on Monday, Feb 23/24 at Fishermen's Hospital.
- First weeks weigh-in will be held over 2 days and will involve a health screening with AHEC. We encourage you to come as a team for all weigh-ins, but it is required to come as a team for the first weigh-in. We will accept the first 13 request for Mon; any there after will be scheduled for Tues. Bring your first \$5 cash and the registration form.
- Team registration will be accepted on a first come first serve basis. New teams will not be accepted after the first day of competition.

Please submit registraton forms and team names to Kate - Kate@keysweekly.com

★ Who can join the contest?

Any business, civic organization, church, or individual may form a three-person team. *

There is no entry fee to participate, other than payments of \$5 at each Monday, weekly weigh-in, starting with the initial weigh-in on Monday Feb 23rd/ Tues Feb 25th at 4pm. All monies collected will be awarded at the end of event.

Anyone, 18 and older who wants to lose weight.



There will be a **Weekly Weigh-In** for each team. AHEC will administrate mini-physicals to each contestant on Monday Feb 23rd /Tues 24th and at the end on the challenge on Monday May 11th . Weight loss percentages and progress of the teams will be printed in the paper weekly.

Cash prizes and awards are distributed at the end of the competition to the top teams and overall biggest losers. (All fees collected from team members are distributed to the winning teams and individuals in the end.)

★ For the full set of rules please visit www.fishermenshospital.com or www.keysweekly.com

1. ALWAYS CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR DIETARY HABITS OR YOUR PHYSICAL ACTIVITY ROUTINES.
2. All participants must be at least 18 years of age by Feb 24th, 2009.
3. Weigh-ins are private and confidential. We will only publicly share the percentages of weight loss of the team.
4. All participants will weigh in every Monday at Fishermen's Hospital - From 4 to 6 PM.
5. Healthy eating and exercise are encouraged.
6. You must agree to not have any weight loss surgeries during the 12-week contest - please see full set of rules and regulations.
7. Drastic weight loss (over 5 lbs./week) is discouraged.

*contest official reserve the right to refuse any entry due to pregnancy or certain 'at risk' health issues

The First Weigh-In:
Monday, Feb 23 and Tues Feb 24
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The Final Weigh-In:
Monday, May 11

