

THE RULES

1. Each team consists of 7 (minimum) to 10 (maximum) people. Families members (10-years and older) can also be included as part of the team with a minimum of two adults per team.
2. Entry fee of \$30 per adult (\$15 for children ages 10-17) - includes a t-shirt plus a weekly group exercise session at an Orrville-area facility.
3. One team captain is designated per team.
4. Teams will be identified by a creative name developed by each team.
5. Parents are responsible for monitoring and recording their child's activities on a provided tracking sheet.
6. Weights and BMIs are measured by the team captain at the start and end of the program and are kept confidential. To learn how to do your BMI, follow this link: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.
7. The team captain will collect the team data and money to turn in with the registration form. The deadline for registration is Dec. 21, 2018. Please contact Loretta Raff at loretta.raff@aultman.com or 330-684-4789 for alternative registration instructions.
8. To be eligible for the grand prize, each team member must lose at least five pounds OR maintain a BMI (body mass index) of 26 or less. Teams meeting this criteria will be placed in a random drawing for the grand prize. The individual losing the most weight will also eligible for a prize.

For more information about the Lose-A-Ton contest, contact:

Loretta Raff at loretta.raff@aultman.com or go to www.growinghealthyhabits.com

ABOUT US

Our mission:

"To serve as the catalyst for improving decisions about fitness, nutrition and healthy lifestyle made by individuals, groups and institutions within the greater Orrville community."

SPONSORS

The 2019 Lose-A-Ton/Win-A-Ton committee is seeking sponsors to cover the costs of program operations. To learn more about sponsoring this healthy cause, visit www.growinghealthyhabits.com.



LOSE-A-TON

WIN-A-TON

Now for ages 10 and up

CONTEST 2019
Jan. 7 - March 31



REGISTRATION

LOSE-A-TON/WIN-A-TON CONTEST

Team Name: _____

Team Captain: _____

Team Captain Address: _____

Phone: _____

E-mail (required): _____

Team Members and Date of Birth (captain is person #1)

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

8: _____

9: _____

10: _____

Corporation Represented (if applies): _____

Amount Paid: (\$30 for each adult/ \$15 for ages 10-17 - includes t-shirt plus a weekly group exercise session at an Orrville-area facility.)

Deadline for registration - Dec. 21, 2018

Please make checks payable to: Aultman Orrville Hospital

Mail to: Aultman Orrville Hospital, Attn: Loretta Raff
832 S. Main Street, Orrville, OH 44667

T-shirt Sizes: (include all team members)

S____ M____ L____ XL____ XXL____ XXXL____

Children's sizes: M____ L____

Please return this form with all necessary information.

For more information, please visit:
www.growinghealthyhabits.com

Team captains or a team member may register the team; the money is due at the time of registration.

THE GOAL

Join the Lose-A-Ton/Win-A-Ton contest to get fit, Orrville and surrounding communities! Obesity is the second leading active cause of death in the U.S., behind tobacco use. We can do better! "Growing Healthy Habits" is sponsoring a community-wide effort to improve health and fitness.

GOALS FOR COMMUNITY:

- Collectively lose more than 2,000 pounds of extra weight. Our community has lost over 5,000 pounds in previous weight loss challenges.

GOALS FOR ADULTS:

- Lose at least five pounds OR
- Have a BMI (body mass index) of 26 or less.

GOALS FOR CHILDREN (ages 10-17)

- Water intake.
- Activity level.
- Screen time.

(Goals and tracking criteria will be reviewed in detail at the team captain meeting.)

Since it is difficult to lose weight individually, we encourage community members to form teams of 7 to 10 individuals. It is the responsibility of the team to make sure that every one of its members meets the above goals at the conclusion of the contest period.



Discounts and benefits
available at local
fitness centers!

All participants will
receive a t-shirt!

THE GRAND PRIZE

The Lose-A-Ton/Win-A-Ton contest will run from Jan. 7, 2019 through March 31, 2019. Information must be forwarded by team captain to Loretta Raff no later than April 3rd for inclusion of prizes. At the end of the three-month period, the results will be tallied. All teams whose members meet their goals will be entered into a drawing for the grand prize of \$2,000!

ADDITIONAL PRIZES:

- The individual who has lost the most weight will be eligible for a prize.
- Children (ages 10-17) who meet their goals are eligible for monthly prizes.

TEAM CAPTAINS!

Team captains, or a team representative are **REQUIRED** to attend an informational meeting on Jan. 7, 2019. All meetings are free and open to the community.

2019 EXERCISE SESSIONS

JAN. 10, 17, 24, 31

FEB. 7, 21, 28

MARCH 7, 14, 21, 28

Weekly exercise class at an Orrville-facility.
Time and locations to be announced.