

## 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 .
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](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. 20, 2019. Please contact Loretta Raff at [loretta.raff@aultman.com](mailto: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](mailto:loretta.raff@aultman.com) or go to [www.growinghealthyhabits.com](http://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 2020 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, contact Loretta Raff at 330-684-4789.



# LOSE-A-TON

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# WIN-A-TON

Now for ages 10 and up  
**GRAND PRIZE IS \$2,000!**

**CONTEST 2020**  
Jan. 6 - March 31



## REGISTRATION

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

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Team Captain Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail (required): \_\_\_\_\_

Team Members. Date of Birth and Email  
(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.)

#### Deadline for registration - Dec. 16, 2019

Please make checks payable to: Aultman Orrville Hospital

Mail to: Aultman Orrville Hospital, Attn: Loretta Raff  
832 S. Main St., 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.

## 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.

## THE GRAND PRIZE

The Lose-A-Ton/Win-A-Ton contest will run from Jan. 6, through March 31, 2020. Information must be forwarded by team captain to Loretta Raff no later than April 3 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. 6, 2020.



Receive weekly motivational tips on growing healthy habits.

All participants will receive a T-shirt!