The Rules

1. Each team consists of 5 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. Weights and BMIs are measured by the team captain at the start and end of the program and are kept confidential.
6. The team captain will collect the team data and money to turn in with the registration form. The deadline for registration is Jan. 8, 2027.
7. 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. Additional prizes will be awarded.

For more information about the Lose-A-Ton contest, contact:
Dave Speicher at
dave.speicher@aultman.com

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.

Healthy Tip:

Stay active and keep moving forward mentally and physically!

Sponsors

The 2027 Lose-A-Ton/Win-A-Ton committee is seeking sponsors to support program operations. To learn more about sponsoring this healthy cause, contact Dave Speicher at dave.speicher@aultman.com.

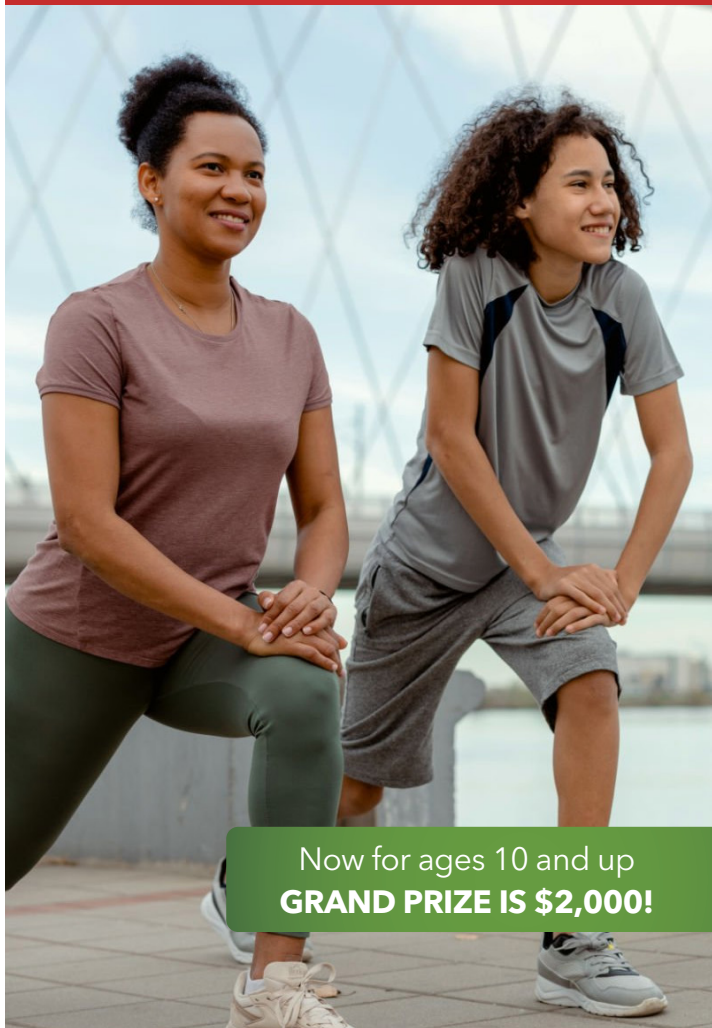
Growing Healthy HABITS

AULTMAN ORRVILLE HOSPITAL

Growing Healthy HABITS

LOSE-A-TON WIN-A-TON

CONTEST **2027** • Jan. 11-April 2



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

Registration

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

Team Name: _____

Team Captain: _____

Team Captain Address: _____

_____

Phone: _____

E-mail (required): _____

Corporation Represented (if applies): _____

_____

T-shirt Sizes: (include all team members)

S_____ M_____ L_____ XL_____ XXL_____ XXXL_____

Children's sizes: M_____ L_____

Amount Enclosed: _____

($30 for each adult/ $15 for ages 10-17 – includes T-shirt.)

DEADLINE FOR REGISTRATION – JAN. 8, 2027

Please make checks payable to: Aultman Orrville Hospital

Please return this form with all necessary information and payment to:

Aultman Sports and Wellness
Attn: Dave Speicher
365 S. Crown Hill Rd.
Orrville, OH 44667

Important Dates

Jan. 8 - Registration Deadline

Jan. 11 - Kick-Off & Team Captain Info

Jan. 15 - Initial Weigh-ins Due

Feb. 1 and 22, March 15 - Team Captain Sharing

April 2 - Final Weigh-ins Due

April 6 - Winners Announced

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 PARTICIPANTS

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

Since it is difficult to lose weight individually, we encourage community members to form teams of 5 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. 11 through April 2, 2027. Information must be forwarded by the team captain to Dave Speicher no later than April 2 for inclusion in prize drawings. At the end of the challenge 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 female/male who has lost the most percentage of weight will be eligible for a prize.
- Monthly drawing: All participants will be entered in random drawings.

All participants will receive a T-SHIRT!

Team Captains!

Team captains or a team representative are **REQUIRED** to complete a monthly check-in (receive support and share team progress).