

BENEFITS OF TEAM LEAN

- Health screenings, including blood cholesterol profile, BMI and body fat screening at the beginning and end of the program, weekly blood pressure and heart rate screenings throughout the program, nutrition and wellness classes, and before and after health stats
- Weekly weigh-ins
- Weekly group activities to encourage accountability, including group walks and classes
- Discounted admission rates throughout the program at Fort Yargo State Park. These tickets must be purchased at the YMCA front desk.
- Weekly emails and support information with exercise and nutrition tips and facts
- Improvement of your individual health and well-being
- Use of the YMCA facility for non-members (See section below for more details.)
- Joiner's fee will be waived for all Team Lean non-member participants that sign up for a membership during the program.
- Participants receive \$5 off each 60 minute massage purchased at the Brad Akins Branch.
- Special Personal Training price of 3 sessions for \$89 available only to Team Lean participants.

HOW DO I ENTER?

Participants may compete as an individual, couple, or team of three.

Non-members will receive a weekly pass for use of the facility at each weigh in. This pass will grant them access to the facility for two aerobics classes each week as well as access to all educational seminars. They will need to be dated and initialed by the front desk staff upon entry.

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

REGISTRATION FORM

(PLEASE PRINT LEGIBLY)

Name: _____

Team Name _____

Date of Birth: _____

E-mail: _____@_____

Address (Mailing): _____

City _____ ZIP _____

Phone #: (day) _____
(evening) _____

Who referred you? _____

Shirt Size S M L XL 2XL 3XL

Please indicate method of payment
(Checks made payable to: YMCA)

Early Registration available Through December 20 -

Members \$50 (code 6711)

Non-Members \$70 (code 6711)

December 21 - January 2 -

Members \$60 (code 6715)

Non-Members \$80 (code 6715)

January 3 or after -

Members \$75 (code 6716)

Non-Members \$100 (code 6716)

Participants will not be granted a refund for withdrawing from the program.

I understand all rules as stated in this flier and agree to adhere by the policies and procedures of the YMCA of Georgia's Piedmont and Barrow Regional Medical Center. I agree to hold harmless these entities and understand that I assume all responsibility for my health while participating in Team Lean Maintenance Program.

Under 18 years requires legal guardian signature.

Participant/Parent Signature: _____

Date: _____

Child's Name: _____

Child must turn 13 by Tuesday, January 3, 2012

Fax to: 770-868-2949 Mail: 50 Brad Akins Dr, Winder 30680



TEAM LEAN 2012

WHAT DO YOU HAVE TO LOSE?

Presented by
YMCA of Georgia's Piedmont
Barrow Regional Medical
Center



Win CASH
&
PRIZES!

To register, please come by
the front desk at the Brad
Akins Branch, 50 Brad Akins
Drive, Winder, GA 30680.

BASIC INFORMATION

The goal of the 2012 Team Lean program is to encourage members and the community to participate in this weight loss challenge in order to educate and support participants to adapt a healthier lifestyle and improve their health and wellness through our Christ centered program.

Weigh-in Dates:

Weigh-in's will be weekly. Participants have the option of weighing-in on Tuesdays or Thursdays. Participants must stay with the weigh-in day that they started with. This day can not be switched. The first weigh-in will be **Tuesday, January 3** or **Thursday, January 5**. The final weigh-in will be Tuesday, March 27 or Thursday, March 29. Please allow 30 minutes for the first and final weigh-in.

Format:

Participants may compete as an individual, couple, or team of three.

Prizes/Benefits:

T-shirts for all participants, cash prizes for top teams and individuals based on percentage of weight loss and participation points.

All cash collected is given back to participants in form of prizes. Weight loss is calculated by total % of weight lost - not actual pounds.

T-SHIRT CONTEST

NEW FOR THIS YEAR! There will be a contest for Team Lean participants to design the t-shirts for this year's competition! Deadline for submission of the t-shirt design is January 26. Bonus points are awarded for every entry. Additional points will be awarded to the winner of the winning design. The best part...the winner gets their design on the Team Lean 2012 T-shirts!

GENERAL GUIDELINES

- Weigh-ins are weekly
- Weigh-ins are mandatory for all participants.
- Participants must pay \$1 for every pound gained.
- Participants must pay \$5 for each missed weigh-in. Non-member participants must pay for missed weigh-in's prior to picking up entry pass for the following week.
- Support motivates participants to stay focused on losing weight through diet and exercise.
- All weights are held confidential. Published weight loss is calculated by the total percentage of weight lost.
- Prizes motivate participants to remain competitive throughout the 12 week program.
- Participants choose their own diet and exercise program.
- Please consult with your health care provider before starting any weight loss or exercise program.

BAKE OFF CONTEST

NEW FOR THIS YEAR! There will be a Bake Off Contest held in February for all Team Lean participants. Participants will receive points for baking a healthy treat. Participants also have the opportunity to pay \$3 to be a taste tester for all the treats. The winner of the bake off will be determined based on taste and nutritional aspects of the recipe. The winner will receive additional points as well as recognition on the Team Lean bulletin board, along with displaying the winning recipe.

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PROGRAM RULES

- All participants must be at least 13 years of age by January 3, 2012. Participants between ages 13 and 17 must have signed parental consent.
- No make up times or dates for weigh-ins missed.
- Everyone must weigh-in weekly. A \$5 penalty will be added for each missed weigh-in.
- Participants may only weigh in once per week.
- Only participants will be weighed. (No family members or friends)
- Shoes, belts, jackets, jewelry, and excessive clothing must be removed before entering initial weigh station.
- Healthy eating and healthy exercise is strongly encouraged.
- Drastic weight loss from excessive dieting and exercise is discouraged.
- No sabotaging other participants.
- The Team Lean Committee has the right to make changes or clarifications to the rules at any time.
- Teams cannot be changed after the start of the program.

You will be disqualified if:

- 3 consecutive weigh-ins are missed.
- Miss final weigh-in, unless prior approval from the Team Lean Committee is given.
- Pregnancy
- Surgery resulting in significant weight loss
- Adding hidden weight on initial weigh-in. (example-extra weight added to clothing in order to increase weight)
- Unhealthy weight loss practices