



# Get Healthy San Angelo Weight-Loss Challenge



**A 10-Week Weight-Loss Challenge**  
**Sponsored by the Mayor's Council on Wellness,**  
**Get Healthy San Angelo, and the City of San Angelo.**  
*"Your Free Personalized Healthcare Reform Package"*

## **Get Healthy Weight-Loss Challenge**

Orientation Meeting: Tuesday, April 21 from 6:00 PM – 7:00 PM

Challenge Meetings: Tuesdays, April 28 – June 30 from 6:00 PM – 7:00 PM

All meetings will be held at the McNeese Convention Center.

## **The Get Healthy Weight-Loss Challenge Is Back... And It Is Better Than Ever**

Between September 2003 and December 2007, the original, award-winning Get Healthy Weight-Loss Challenge, helped San Angelo residents lose more than 39,500 pounds through simple, easily implemented lifestyle changes.

## **The Only Place Where “Losers” Can Be “Winners”**

With the economy in flux and extensive changes to health care on the horizon, the time is right to responsibility for your – and your family’s – well-being. In these uncertain times, many things are out of your control, but not your lifestyle. You can make small changes in your diet and your activity levels and see big results. If you are ready to take control, we are ready to help.

The Get Healthy Weight-Loss Challenge is a no-cost public awareness/action campaign designed to empower you by providing straightforward, credible information that leads to long-term sustainable results. There is no fee for this opportunity and you will never be subjected to any sales pitches. The Challenge does not “compete” with other programs, so it can be used independently or as a complement to any other weight management and/or fitness activity that you are participating in currently. You do not have to be in the Challenge to attend the meetings.

## **Invest Your Time in Looking Good and Feeling Even Better**

- Form a Support Team;
- Transform Knowledge into Action;
- Eat Less, Move More;
- Use Small Successes to Build Better Health;
- Look Great and Feel Even Better.

## **Initiate Your Own Healthcare Reform**

Eat less, move more and enjoy your new-found lifestyle. Be a role model for others in San Angelo who want to seize the opportunities that feeling strong, being fit and looking good offer.

## **Healthy Citizens Make a Healthy City**

The Get Healthy Weight-Loss Challenge is a weight management program, sponsored by Get Healthy San Angelo. Get Healthy San Angelo, is a group of volunteers with expertise in health, fitness and wellness, who, under the leadership of Mayor J.W. Lown and the members of the San Angelo City Council, have come together to assist their fellow citizens of San Angelo become healthier through education and awareness. This groundbreaking initiative will emphasize practical, no-cost or low-cost lifestyle changes and will recognize that there is no single “silver bullet” for good health.

## Get Healthy Weight-Loss Challenge - The Important Details

- Mission:** To help San Angeloans improve their wellness through better nutrition increased activity, and sensible/long-term sustainable weight loss.
- What:** A free 10-week weight loss challenge designed to see how much, on average, each participating team can lose through a healthy approach. Participants are encouraged to form a team of 3-8 individuals.\*\*
- Who:** Anyone who is 18 years of age or older and has a Body Mass Index of 25 or more. (See *chart on the next page* or go to [www.GetHealthySanAngelo.com](http://www.GetHealthySanAngelo.com) to calculate your BMI.) Individuals with a body mass index of less than 25 must have approval to officially enter the Challenge.
- Reports:** The team captain must have the weekly team weight loss report turned in by noon each Tuesday of the challenge. Team progress reports will not be available until the following day.

### Other Information:

- Each participant must fill out a registration form and join a team of 3-8 individuals to officially participate.\*\*
- Each participant must weigh-in weekly and report their weight to their team captain prior to the deadline. This program relies on SELF-REPORTING.
- All information is confidential and can only be accessed by team captains and administrators of the challenge.
- Participants are encouraged to attend weekly meetings held each Tuesday at 6:00 p.m. at the McNeese Convention Center. (Specific room to be arranged) The meetings are open to anyone interested in learning more about health, fitness and nutrition.

**\*\*IMPORTANT:** If a member of your team drops out, your weight loss results still will be divided by the number of original team members. Therefore, it benefits the team if all members to stay in the Challenge for the full 10 weeks. (Exceptions will be made for special medical circumstances.)

**For more specific information or questions please contact: Randy Coleman by e-mail - [rcoleman@wcc.net](mailto:rcoleman@wcc.net); cell phone (325) 234-2502; or fax - (325) 944-7606.**

### Get Healthy Challenge - How to Get Started

1. Make a personal decision to change your life. Understand that long-term, sustainable weight loss is not necessarily easy because there are no "silver bullets" or "magic cures" for weight management and healthy living. If you have any medical conditions that affect and/or limit your participation, please contact your physician prior to starting any weight loss efforts, including this Challenge.
2. Find other members to participate in the Challenge with you. Solicit friends, family, co-workers, and/or any people who you feel would be supportive during the Challenge and help motivate the team members, helping them maintain their commitment and efforts. The minimum number of individuals on a team is three and the maximum number is eight.
3. Pick a team name. This name that you choose will be used during the Challenge to identify your group. Participants' names will not be publicized, reported with, and/or used any method or manner. Challenge administrators maintain strict confidentiality. No one will know that you're participating in the Challenge, unless you tell them.
4. Calculate your body mass index using the formula included in this registration packet or go to [www.GetHealthySanAngelo.com](http://www.GetHealthySanAngelo.com) and use the online calculator. To participate in the Challenge, your body mass index must be 25 or above. Anything below 25 is considered "healthy weight" or "underweight." Remember, this is a "get healthy" challenge not a "get skinny" challenge.
5. If you're older than 18 and have a body mass index greater than 25, you're eligible to participate in the Challenge. Individuals who are under the age of 18 and/or have a body mass index of less than 25 must receive permission from the administrators prior to entry. Children under the age of 15 are welcome to attend. Childcare is not provided during the Challenge meetings.
6. Complete the individual registration form (next page) and turn it in no later than Tuesday, April 28, 6 PM. Completed registration forms can be faxed to (325) 944-7606, or delivered to Vita Sport Studio (3812 Sherwood Way), or delivered to the orientation meeting at the McNeese Convention Center on Tuesday, April 21, 6 PM.
7. Begin to change your life.

**EACH TEAM MEMBER MUST COMPLETE AN ENTRY FORM FOR THE WEIGHT LOSS CHALLENGE.**

**ALL ENTRY FORMS MUST BE TURNED IN,  
NO LATER THAN, TUESDAY, APRIL 28, 6 P.M.**

ENTRY FORM MAY BE TURNED IN BY ANY OF THE FOLLOWING METHODS:

MAILED OR DELIVERED TO:

VITA SPORT STUDIO  
3812 SHERWOOD WAY  
SAN ANGELO, TX 76903

E-MAIL TO:

RCOLEMAN@WCC.NET  
PLEASE PUT IN THE SUBJECT COLUMN "GET HEALTHY WEIGHT CHALLENGE"

FAXED TO:

GET HEALTHY WEIGHT CHALLENGE  
(325) 944-7606

DELIVERED TO:

THE PRE-CHALLENGE/ORIENTATION MEETING  
TUESDAY, APRIL 21ST  
MCNEESE CONVENTION CENTER  
500 RIO CONCHO DR., SAN ANGELO, TX, 76903  
MEETING IS TO BEGIN AT 6 P.M.

DELIVERED TO:

THE FIRST WEIGHT LOSS CHALLENGE MEETING  
TUESDAY, APRIL 28TH  
MCNEESE CONVENTION CENTER  
500 RIO CONCHO DR., SAN ANGELO, TX, 76903  
MEETING IS TO BEGIN AT 6 P.M.