



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 take 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 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; 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 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 the "get healthy" challenge not the "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.



Get Healthy San Angelo Weight-Loss Challenge Official Entry Form



Pre-challenge Meeting - April 21

Challenge Meeting Dates

April 28 - June 30

All meetings will be held at the

McNeese Convention Center, 6 p.m.

500 Rio Concho Drive, San Angelo, Texas, 76903

All meetings will end promptly at 7 p.m.

Please Print Legibly (*We must be able to read this information.*)

Your Name: _____
last name first name

Team Name: _____ Team Captain: _____
the name chosen by your group the member responsible for reporting

Gender: _____ Male _____ Female Current Age : _____ Birth Date: _____/_____/_____

Best Phone Number to Use: _____ Your E-Mail: _____

Your Mailing Address: _____

City: _____ Zip Code: _____

Your Current Weight (*weight to be used for initial weigh-in*): _____ Your Height: _____ ' _____ "

Your Body Mass Index (*calculated by using the formula on next page*): _____

By signing this, you indicate that you have read the information in the Get Healthy San Angelo Weight-Loss Challenge (the "Challenge") program and you are at least 18 years of age. You also acknowledge that you understand that if you have any physical limitations and/or medical conditions that would limit participation in the Challenge activities, it is strongly advised that you seek the advice and counsel of your physician prior to the beginning of any program. You also acknowledge that you understand that if you have any medical condition that requires a "nutritional prescription," you may only obtain that prescription from your physician or a registered dietitian. The advice and recommendations given during this Challenge are not intended to be used as a diagnosis and/or treatment for any medical condition. You also acknowledge that any advice or recommendations given during this Challenge are limited to accepted recommendations of the USDA's Food Pyramid and/or recommendations given by the American College of Sports Medicine's Advisory Group on physical fitness, nutrition and exercise. You also acknowledge that any and all exercise activities are performed at your own risk and if any time you feel that any activity or direction is not suited for your abilities, please refrain from that activity or direction. By signing this, you further acknowledge that you have read and will comply with all rules and advisements for this Challenge. **As consideration for being allowed to participate in the Challenge, you, by your signature below, on behalf of yourself, your heirs and assigns, do hereby waive, release, and forever discharge members of the Get Healthy San Angelo Advisory Committee and its representatives, and the City of San Angelo, its council members, officials, agents, guests, invitees, consultants and employees, as well as any administrator, and/or presenter connected with the Challenge, from any claim for personal injury, including bodily injury, death, or other damages resulting from your participation in the Challenge.** You also acknowledge one more thing, you're doing this because you want to participate in you also understand that moderate lifestyle activities are the answer for long-term sustainable good health.

Signature: _____ Date: _____

See reverse for instructions on turning in entry forms.

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.