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FOR HEALTHY LIVING
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2019 Lose Big Weight Loss Challenge Details

The Y's Lose Big Weight Loss Challenge is an intensive activity program for individuals who are ready to push themselves to the limit to lose weight and begin on the path to healthy lifestyle changes. The program is located at both the Downtown and Kerasotes branches.

1. The Lose Big Weight Loss Challenge begins January 21st and ends March 24th. Each Y branch will have teams and weekly Team Workouts. A grand prize will be awarded to the top individual with the greatest percentage of weight lost at each branch.
2. The program is open to individuals who have been cleared by a physician to participate in any strenuous activities. **Individuals must be injury free.** Individuals must have Par Q form (available at www.springfieldymca.org) completed and turned in by the kickoff on Jan. 20th.
3. Participants must have a **goal to lose a minimum of 20 pounds.**
4. Participants must complete the entire challenge to be eligible for the grand prize.
5. If an individual drops out of the challenge, he/she forfeits his/her chance to win the grand prize. **No refunds will be given.**
6. You must attend the first and last weigh-ins to qualify for the grand prize.
7. Kick off weigh-ins must take place at the Y branch where your team is located. **Please wear basic workout attire (gym shorts, yoga pants, t-shirt or tank top) for ALL weigh-ins, including the Kick-Off weigh in!**
8. All participants must attend a nutrition class that will be offered at each facility. **The Kerasotes branch Friday, January 25th at 6:30pm or the Downtown branch on Sunday, January 27th at 3:00pm.**
9. Using the smart phone app MyFitnessPal and/or a personal journal to track nutritional intake and calories is required. Journals must be submitted to your coach weekly.
10. You must attend all of the team challenges and the final challenge to be eligible for the grand prize.
 - a. **Team Challenge 1: Friday, February 8th, at our Downtown branch at 6:30pm.**
 - b. **Team Challenge 2: Friday, March 1st, at our Kerasotes branch at 6:30pm.**
 - c. **The Final Team Challenge/Weigh-In: Friday, March 22nd at our Downtown branch at 6:30pm.**



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- d. **Final Celebration and Awards Presentation: Sunday, March 24th, at our Kerasotes branch at 2:00pm.**
11. Special incentives may be given at any time during the program for fun by any coach. **-Special incentives reward special effort.**
12. All participants are required to do at least 2-4 workouts per week consisting of the following:
 - a. Your choice of any exercise class, workouts on cardio equipment, or lap swim. ALL workouts attended must be at either Y facility.
 - b. Participants will have a punch card that must be signed by group exercise instructors, wellness coach or lifeguards after each class or workout. **Each week's punch card will be a new color. Participants must turn their card in each week in order to receive a new card for the next week.**
 - c. Participants must attend their Team Workout with their coach on a weekly basis. **NOTE:** If for some reason you are unable to attend your team workout, you may participate in the other team's workout. You must, however, have the other team coach sign the back of the punch card for validation and email your weigh-in to your coach.
 - d. If a participant must be out of town or away from the Y at any time, the participant can always take a picture of the workout he/she completed and send it to their coach for verification. However, it is preferred that all workouts take place at the Y.
13. **The final challenge/weigh-in will be held at 6:30pm, March 22nd at our Downtown branch. Our Lose Big Celebration will be held at 2:00pm, March 24th at our Kerasotes branch.** Our celebration will be potluck style. Bring your favorite healthy recipe and celebrate our winners and your completion of the program!
14. The top individual from each branch will be determined by the greatest percentage of total weight loss by the individual during the challenge. In the event of ties, prizes will be awarded with a random drawing. Winners will receive a FREE Myzone Belt, Sport Bottle and T-Shirt.

