



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2022 Winter Lose Big Details

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

1. Dates to Remember
  - a. Week 1 begins Wednesday, January 12
    - i. Team 1 meets from 5:00-6:15
    - ii. Team 2 meets from 6:30-7:45
  - b. Week 12 begins Wednesday, March 30
  - c. Final weigh in Wednesday, April 6
2. This 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](http://www.springfieldymca.org)) completed and turned in by Wednesday, January 12.
3. Participants must have a goal to lose a minimum of 20 pounds.
4. To be eligible for the grand prize participants must:
  - a. Attend the Week 1 and final weigh-ins.
  - b. Attend all weekly team workouts.
  - c. Complete 2-4 workouts each week in addition to your team workout.
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. Your weight loss journey and technology go together.
  - a. Using a smartphone app (Lose It! or MyFitnessPal) or a personal journal to track nutritional intake, hydration, and workouts is required.
  - b. Participants will be asked to join the Lose Big Facebook group to receive helpful tips, workouts you can do anywhere, recipes to help in meal planning, motivation, encouragement, and team support.
7. Please wear basic workout attire for ALL workouts/weigh-ins.
8. All participants are required to do at least 2-4 workouts (any Y class, cardio equipment [minimum of 30 minutes], or lap swim) per week in addition to their team workout.
  - a. You will receive a workout card each week. Please have this card signed by your class instructor, floor manager (cardio equipment), or lifeguard (lap swim) to verify your workout. Cards will be submitted to your coach at your team workout.
  - b. All workouts attended must be at either Y facility.



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- c. If a participant must be out of town, the participant may take a picture of the workout he/she completed and send it to their coach for verification. It is preferred that all workouts take place at the Y.
  - d. We will have two Team Challenges outside of our regular team workouts.
    - i. Sunday, February 6
    - ii. Sunday, March 6
9. The top individual will be determined by the greatest percentage of total weight lost. In the event of a tie, the grand prize will be awarded by random drawing.