



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I 2020 Lose Big Weight Loss Challenge Details

1. 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.
2. The Lose Big Weight Loss Challenge begins August 30 and ends October 25. Each Y branch will have teams and weekly team workouts.
 - a. Groups will be limited to 10 participants.
 - b. Participants will be asked to wear a face covering when
 - i. Entering and exiting the Y
 - ii. Entering and exiting the pool
 - iii. In the locker room
 - iv. Checking your child in or out of child watch
 - v. While waiting for a group exercise class
 - vi. Walking on the indoor track
 - vii. When you cannot physically distance with someone
 - c. Social distancing will be practiced.
3. A grand prize will be awarded to the top individual with the greatest percentage of weight lost at each branch.
4. 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.springfielddymca.org) completed and turned in by the kickoff on August 30.
5. Participants must have a goal to lose a minimum of 20 pounds.
6. Participants must complete the entire challenge to be eligible for the grand prize.
7. If an individual drops out of the challenge, he/she forfeits his/her chance to win the grand prize. No refunds will be given.
8. You must attend the first (August 30) and last (October 25) weigh-ins to qualify for the grand prize.
9. 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 workouts and weigh-ins.
10. Using the smartphone app MyFitnessPal and/or a personal journal to track nutritional intake and calories is required. Journals must be submitted to your coach weekly.



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11. You must attend all of the team workouts and weigh-ins to be eligible for the grand prize.
12. All participants are required to do at least 2-4, indoor or outdoor, 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 coaches 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 weekly team workout with their coach. If for some reason you are unable to attend your team workout, you may participate in another team workout. You must the other team coach sign the back of the punch card for validation and send 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 weigh-in, followed by our Lose Big Celebration, will be held Sunday, October 25, at 2pm at both Kerasotes and Downtown branches. Celebration details will be given at a later date.
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.

