

Lighten Up & Get Fit!



By signing the Team Registration Form below, each member of this team agrees to abide by the rules of the Lighten Up & Get Fit Challenge ("the Challenge"). A copy of the rules of the Challenge may be found on the website. Each team member must also read, complete, sign and submit an **Individual** Member Information Form.

Team Registration Form

Team Name: _____

Member 1: _____

Member 2: _____

Member 3: _____

Member 4: _____

Employer: _____

Team Members must be employees of MCLA, MountainOne, North Adams Public Schools/City of North Adams, Northern Berkshire Healthcare, Town of Williamstown, Everyday Health Inc or Williams College.

Participating Employers:



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Lighten Up & Get Fit!



Teammate's Pledge

I will keep track of my time spent exercising and the number of fruits/vegetables I eat daily. If I chose a weight loss goal, it will fit within the recommended weight loss guidelines for the 8 week Challenge. I will input my data onto the Challenge website on a weekly basis to accrue points for myself and my team. I will submit my final data onto the Challenge website by the deadline.

I affirm that I am well aware that the physical nature of the Lighten Up & Get Fit Challenge ("the Challenge") involves inherent risks and hazards of physical injury. I further acknowledge and agree that I assume all risks and hazards incident to participation in the Challenge, and for myself and all legal representatives, heirs, and assigns hereby waive, release, absolve, and agree to hold harmless MCLA, MountainOne, North Adams Public Schools/City of North Adams Northern Berkshire Healthcare, Williams College, Everyday Health and Town of Williamstown known as "The Employer Teams" or their agents, employees, officers, successors, legal representatives, administrators, and assigns, for any injury, loss, damage or death that I may suffer as a result of any participation in the Challenge. For myself and all legal representatives, heirs, and assigns, I further covenant not to sue the parties released above in connection with my participation in the Challenge. I further grant permission to MCLA, MountainOne, North Adams Public Schools, Northern Berkshire Healthcare and Williams College, Everyday Health, and the Town of Williamstown to use event photographs that include me in news stories and promotions.

Individual Information

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Paid

Name: _____

Team Name: _____

Employer: _____

Work Phone and Extension: _____

E-mail: _____

Signature: _____



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Lighten Up & Get Fit Challenge

Program Rules



- 1) Teams will be comprised of four employees from the same employer.
- 2) Employers known as "The Employer Teams" are MCLA, MountainOne, NAPS, NBH, Williams, Everyday Health and Town of Williamstown
- 1) Team members must be employees of one of "The Employer Teams", no mixed teams between employers.
- 2) Team competition will occur among employers, as well as among in-house teams of each employer.
- 3) **The goals of the Lighten Up & Get Fit Challenge (The Challenge) are**
 - For team members to engage in aerobic activity at least 5 days each week, for 30-60 minutes each time
1 point for each minute you exercise. Minimum of 30 minutes, maximum of 60 minutes
 - For team members to eat at least 5-9 servings of fruits/vegetables each day
1 serving of a fruit or vegetable equals one point
 - For team members wishing to lose or gain weight, to accrue 100 points per pound of change
- 6) The Challenge will last 8 weeks beginning **March 13, 2011** and ending **May 7, 2011**.
- 7) Initial registration will begin on **February 28 — March 7, 2011**. Forms will be available online.
- 8) Team members who have a weight loss goal are encouraged to follow healthy weight loss guidelines of 1/2 –2 pounds per week, or, no more than 16 pounds during the Challenge.
- 9) Team members will input their own data **weekly** onto the challenge website **starting on March 13, 2011**. A Challenge Tracker form may be printed from the website for your convenience.
- 10) The final week of the Challenge is **May 1- May 7, 2011**. All exercise, fruit and vegetable points need to be entered by **Friday, May 13, 2011**.
- 11) The employer with the highest **average** points per team earned for exercising, eating fruits/veggies, weight loss and BMI will win the Lighten Up & Get Fit trophy.
- 12) Prizes will be awarded to the top in house teams with the highest total **combined** points earned for exercising, eating fruits/veggies, weight loss and BMI. Prizes will also be awarded to the Biggest Loser and Biggest mover at each employer (employers may apply prizes differently).

Starting an exercise program?

You may want to check with your doctor first.



Including regular physical activity in your daily routine can help you control your weight, reduce your risk of heart disease and strengthen your bones. But **before you lace up** your workout shoes, you may want to **talk to your doctor** or a sports medicine specialist first.

Before starting an exercise program, talk to your doctor if:

- You've been sedentary for more than six months
- You're a man age 40 or older, or a woman age 50 or older, and you haven't had a physical examination within the past two years
- You've ever had a heart attack, or you have cardiovascular disease, high blood pressure or diabetes
- Anyone in your family has died of cardiovascular disease before age 50
- You take medications or follow a special diet to improve cholesterol levels
- You take medication to manage a chronic condition
- You smoke, or you have emphysema, asthma, allergies or any other lung condition
- You have a chronic condition, such as arthritis that limits your flexibility, strength or endurance
- You're pregnant
- You've been told by your health care provider not to exercise
- You have noticeable pain in a particular joint or muscle when walking or participating in any type of physical activity
- You've previously experienced a joint or muscle injury for which you haven't received formal treatment, or for which you continue to have persistent symptoms

By: The Mayo Clinic Staff



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