



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NEW YEAR'S ~~RESOLUTION~~ NEW YEAR NEW YOU LOSE BIG WIN BIG

PRIZES:

The *top male* and *top female* will be awarded a prize for the GREATEST PERCENTAGE of BODY FAT SHED during the challenge.

1ST PLACE: 2 personal training sessions OR
a \$50 Honeywell gift card

2ND PLACE: a \$20 Honeywell gift card

3RD PLACE: a \$10 Honeywell gift card

*Honeywell Arts and Entertainment gift cards are redeemable at the Eagles Theatre, 13/24 Drive-in, Eugenia's restaurant, Clark Gallery, Clarkson House, and live performances at the Honeywell Center.

CHALLENGE:

Kickstart 2024 with this 8 week challenge geared at developing muscle and cutting fat.

WHEN:

January 22 - March 18

COST:

\$30 Y-member / \$45 Non-member
Some restrictions apply*

INCLUDES:

- Three (3) full body composition reports on the YMCA's 230 InBody Scale (\$30 value).
- 3 suggested exercise routines, or see our Word of the Day at the Wellness Desk to spell out your workout.
- Carefully calculated recipes created by our own certified Personal Trainer, Ashley Dale, aimed at giving you the most benefit of maintaining strength and cutting fat over the course of 8 weeks.
- Fitness and nutrition tips to achieve the greatest amount of weight loss.
- 4 week check-in with our Certified Personal Trainer to adjust and maximize your results.

Extend your progress by signing up NOW for our Spring Shape-Up: Your Comprehensive 30-Day Wellness Plan (\$20, April 22 - May 22, 2024). This challenge features a checklist of daily goals, workout suggestions, and lifestyle packet geared towards maximizing healthy habits and body fat loss.

JAN 22, INITIAL WEIGH-IN

Participants will see a Wellness Attendant at the Wabash County YMCA Wellness Center for initial weigh-in anytime between 5:00 am - 9:00 pm on Monday, January 22, 2024.

Participants can expect to:

- Complete all necessary paperwork, including waiver and receive challenge packet.
- Empty pockets and remove unnecessary heavy clothing, including shoes AND socks, to receive a full body composition analysis on the 230 InBody Scale during initial weigh-in.
- (Optional) Take a "before-picture" on the participant's cell phone.

FEB 19, 4-WEEK CHECK-IN (OPTIONAL)

To review your concerns, progress and receive suggestions to maximize your results, personal trainer, Ashley Dale will be available for walk-in check-ins (no appointment necessary):

- 10:00 am - 1:00 pm February 19th
- 5:00 pm - 7:00 pm February 19th

MAR 18, FINAL WEIGH-IN

Participants will arrive for their final weigh-in, "after" picture (optional), and full body composition analysis on the 230 InBody Scale anytime between 5:00 am - 9:00 pm on March 18, 2024.

- To accommodate work schedules for final weigh-in, alternate arrangements can be made by contacting approved staff (listed below).
- Early final weigh-ins are acceptable. ABSOLUTELY NO weigh-ins are permitted after 9:00 pm on March 18, 2024. NO EXCEPTIONS.

WEIGHT LOSS CHALLENGE RULES

- All participants must be 18 years or older by January 22, 2024.
- Late registrants and weigh-ins are permitted, however final weigh-in date will remain the same. Challenge consists of a men's division and a women's division.
- Challenge is based on the percentage of body FAT lost. Body weight will be considered in the event of a tie.
- There are no refunds for participants who quit the competition or are disqualified for a competition infraction based on staff discretion as outlined below.
- No unnecessary heavy clothing or disrobing permitted at initial weigh in. Suggested attire for a weigh-in includes shorts or light-weight bottoms and a t-shirt.
- No shoes or socks are permitted during weigh-ins. Pockets will need to be empty.
- Fad diets are discouraged, but are not grounds for disqualification. Healthy eating and exercise are encouraged.
- Individuals with a pacemaker are excluded from the InBody230 composition analysis. Contact staff below.
- YMCA Staff have the right to make changes or clarifications to the rules at any time.

CAUSE FOR DISQUALIFICATION

- Cheating and/or adding hidden weight at initial weigh-in.
- Missing the last weigh-in, unless prior approval from a Wellness Team Member. In this case an early final weigh-in is permitted. No late weigh-ins allowed.
- Pregnancy.
- Body Mass Index (BMI) below 18.5.
- Any surgery resulting in significant weight loss.

WINNER

Winner(s) will be announced by 5:00 pm, March 20, 2024.

CONSULT A PHYSICIAN

You should be in good physical condition and have no medical reason or impairment that might prevent you from your intended use of the YMCA facilities or any other exercise program. The YMCA will not give members medical advice or advice relating to their physical condition or ability to use the facilities or any exercise program. If you have any health or medical concerns, please discuss with your doctor before using the facilities or beginning any exercise program.

QUESTIONS? For questions, or to accommodate alternate weigh-in times, contact Brooke Robinson by phone at 260.563.9622, Mon.-Thur. 2:00 pm - 6:00 pm, or by email at wellness@wabashcountyyymca.org.