

EMMCO West's Health and Wellness Program

How Low Can You Go?

Regional Contest

Rules:

1. Have fun, eat healthy and exercise!
2. The first weigh-in will be on Monday February 3, 2014.
3. The final weigh-in will be on Monday April 21, 2014. This is a 12 week competition.
4. Weigh-ins will occur every Monday. Results must be submitted to Trish via email trish@emmco.org or fax 814-337-0871.
5. All weigh-ins will be based on our individual providers and/or their team's integrity. If possible, please weigh in using a digital scale with at least one decimal place in pounds. Submit weigh-ins using a decimal place value, i.e. – 176.2 lbs.
6. Any missed weigh-in will result in a penalty for the individual and/or team. This penalty will add three (3) pounds to each team member for each missed weekly weigh-in.
7. The individual male and female and team with the highest percent of body weight lost at the end of the 12 week competition will receive a prize. Prizes will be awarded at the annual EMS Appreciation Dinner on May 15, 2014.
8. Body weight loss calculation:
Starting Weight (First Weigh-in) – Ending Weight (Final Weigh-in) = Total Weight Lost

Total Weight Lost / Starting Weight (First Weigh-in) x 100 = Weight Loss Percentage

i.e. – If the first weigh-in is 176.2 lbs, and the final weigh-in is 154.7.
176.2 lbs – 154.7 lbs = 21.5 lbs lost
21.5 lbs / 176.2 lbs = 0.1220
0.1220 x 100 = 12.2% body loss
9. Teams of 2-10 individuals are preferred. Each EMS agency may have multiple teams. Please select one individual from each team as the captain. The captain is responsible for submitting weigh-in results every Monday and encouraging the team to eat healthy and exercise.
10. All weekly weigh-in results will be charted. Each week the teams/contestants' progress will be distributed to provide accountability and motivation.
11. Please complete the entry form and submit no later than Thursday January 27, 2014.