

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 **Friday January 13th** 2012.
3. The final weigh-in will be on **Friday April 6th**. This is a **12 week competition**.
4. **Weigh-ins will occur every Friday. Results must be submitted to Trish** via email trish@emmco.org or fax 814-337-0871, **no later than 1630 hours**.
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 an award**
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. If possible please email a picture (fully-clothed) prior to the first weigh-in to compare with a picture (fully-clothed) after the final weigh-in for display at our award ceremony.
10. 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 Friday and encouraging the team to eat healthy and exercise.
11. There is a \$20.00 entry fee per team.
12. All weekly weigh-in results will be charted. Each week the teams/contestants' progress will be distributed to provide accountability and motivation.
13. **Please complete the entry form and submit no later than Friday, January 6th 2012.**