

# The Green Hills Wellness Challenge Contest

## Information and Rules

Sponsored by the Grundy County Health Department, the Republican-Times Newspaper, Ketcham Community Center, University of Missouri Extension and Hy-Vee

### Registration Information

- Registration dates are January 9-10, 2020.
- Participants may register and weigh-in at the Ketcham Community Center and/or the Grundy County Health Department during regular business hours.
- Must be at least 18 years old to participate or have signed parental consent.
- There is a \$10 per person entry fee.
- To register you must complete an entry form, pay \$10 fee and be weighed by a staff member.

### Contest Length

- The contest will run for 12 weeks. **The end date will be April 3.** Final weights must be recorded on April 2 or 3.

### Weigh-In Information

- All weights should be taken with shoes off.
- You must weigh-in every week to be eligible for prizes. Weekly weights may be completed at the Health Department on Thursday or Friday or at Ketcham Community Center on Thursday through Sunday during regular business hours. Initial and final weigh-ins must be done on Thursday or Friday.
- Each participant will be allowed to miss one weekly weigh-in with no penalty.
- Initial and final weights must be taken at the same location. (For example, if you sign up at the Health Department you can weigh yourself in between at the Ketcham Community Center but you must come back to the Health Department the final week to be weighed.)
- All actual weights will be kept confidential.
- Total percentage of weight loss for each participant will run weekly in the Trenton Republican-Times Newspaper. If no weight loss occurs or if weight remains the same (as initial) a “-” will run next to participant name.

### Other Information:

- Everyone entering contest will be asked to complete a nutrition and exercise journal of their choosing. A journal will be provided to you with your entry fee or you may choose to use one of your own (paper or digital). Names of those completing journals will be entered into a drawing for two one-year memberships to Ketcham Community Center and two one-year subscriptions to the Trenton Republican-Times.

## **EVERYONE CAN WIN A CASH PRIZE! HERE'S HOW:**

Each person that loses 10% or more of their initial body weight at the final weigh-in will win a cash prize. The amount of money they receive will depend on the number of people that meet that goal. We will start with a base cash amount of \$1,500, donated by the Grundy County Health Department. We will add to that a portion of the entry fees. If only one person loses 10% or more of their initial body weight, they win at least \$1,500. If ten people lose 10% or more they each win \$150. This means that EVERYONE has the opportunity to win.

## **Resources to Help You Achieve Success**

### **Nutrition & Physical Activity Classes**

Eating Smart • Being Active offers research-based information about nutrition, physical activity, food safety and making the most of your food dollars. It is a FREE program provided by University of Missouri Extension Family Nutrition Education Programs. Interactive lessons focus on simple messages related to food, nutrition and tips for feeding your family. Lessons focus on food preparation and physical activity, and include items that reinforce lesson topics as well as a certificate of completion at the end of the program. The program consists of 8 classes and participants should plan to attend as many as possible.

Questions about the Nutrition Classes or to sign up should be directed to Grundy County Health Department, Abby Oberman, Health Educator.

### **Hy-Vee Store Tours**

Hy-Vee Dietitian Cindy Eivins, MS, RDN, LD, CDE offers store tours where you can learn about label reading, receive budget-friendly saving tips and discuss the basics of nutrition and healthy eating. Tours can be tailored to your needs.

Anyone who completes a store tour with Cindy will earn an extra missed weigh-in for a maximum of two missed weigh-ins during the Wellness Challenge.

### **Cholesterol Screenings**

Grundy County Health Department offers Cholesterol Screenings twice monthly by appointment for a cost of \$5. To schedule your appointment, call (660) 359-4196.

Anyone who gets their cholesterol checked during the Wellness Challenge can earn an extra missed week of weighing-in for a maximum of two missed weigh-ins during the Wellness Challenge.

**For more information, please contact the Grundy County Health Department at (660) 359-4196 or [wellness@grundycountyhealth.org](mailto:wellness@grundycountyhealth.org)**