

What is **DUMP^{YOUR} PLUMP** ?

Objectives ...

- Promote safe and gradual weight loss through proper nutrition and exercise.
- Encourage the development of peer support through team competition.
- Increase the awareness of nutrition and exercise as it relates to weight management.
- Provide an activity that is healthy, educational and fun!

How does it work?

The contest requirements to be fulfilled are:

- Aerobic exercise (swimming, walking, jogging, etc.) for 30 minutes per day, 5 days per week.
- Participation of each team member in confidential weekly weigh-ins during the contest (team captain is responsible for weekly reporting).
- Each participant must set a personal weight goal between 0-20 lbs. (Weight loss is not a requirement. A team member may simply want to maintain current weight.)

When does the program start?

Teams need to begin this *10 week program* by

January 26, 2021

So hurry and get your team together.

How are teams made up?

Team members are chosen from people at work.

Each team must have between 4-10 participants.

NOTE: at least half of the team members must have a weight loss goal of 7 pounds or more.

Each team is led by a Team Captain who is trained prior to the start of the program. Responsibilities of the team captain are:

- a. Organizing team members.
- b. Supervising the weigh-ins (maintain confidentiality).
- c. Submitting weekly reports of team members' weight loss and exercise.
- d. Disseminating program information.

Reasons to join ...

- Affordable \$15 per person
- Participant exercise and weight loss resource book
- Team and individual prizes for goal achievement
- Each team selects a unique name.
- Free weight maintenance program for those who reach goal
- Internet program access/support

Expected results

- Eight pound weight loss
- Habit of 300 fewer calories a day intake
- Habit of 30 minute a day exercise
- Ongoing team support and weight maintenance program

Who can participate?

Anyone who would like to participate, either as a team captain or as a team member! For more information, call **440-354-8057** or go to: www.wellnesscouncilohio.org/contests

Major Sponsor:



Prizes awarded to teams with the greatest number of points!

Team Registration Form

Email _____

Captain's name (print) _____ Phone# _____

Company _____

Address _____ City _____ Zip _____

Number of team members _____ (Including captain. No less than 4, no more than 10)

Make checks payable and mail to:

Wellness Council of Northeast Ohio
433 South State Street
Painesville, Ohio 44077

440.354.8057; steve@wellnesscouncilohio.org



Fee: \$15 per team member

Major Sponsor:

