

MOVE IT & LOSE IT

Contest Rules

Move It & Lose It are two separate wellness programs designed to promote healthy lifestyles for residents and/or workers in Morgan County. In an effort to increase the physical activity and/or weight loss participants may compete in either or both of the program activities.

MOVE IT is a program for participants to develop the habit of walking. Research has confirmed the health benefits of walking up to 10,000 steps per day. In this program individuals and teams will maintain (on an honor system) a record of their daily steps. Prizes will be awarded on the basis of the highest daily average of steps walked during the eight week program by overall female, male, and team.

LOSE IT is a program where individuals and teams are encourage to develop a regular program of physical exercise(s) of their choice with the goal of losing weight. Prizes will be awarded for the highest percentage of weight loss for the following age groups:

Individuals

- Up to age 30 male and female
- 31-55 male and female
- 56 and over male and female

Teams

- Team with highest percentage of weight loss

Participants may compete as an individual or as a member of a team (4 members).

There is no limit as to the number of teams any organization (businesses, churches, schools, civic organizations, and clubs, etc.) may enter. Teams may be co-ed and can participate in either the walking/step (Move It) and/or exercise/weight loss (Lose It) program.

There may be no combination of the two categories within any given team.

Participation Requirements

- Completion of the official Registration Form and submitting same at any one of the three program sites on January 18th, 19th, or 20th.
- For participants in the **Lose It** program, completion of all weigh-ins at the initial and final program events. (See locations and dates below.)
- For participants in the **Move It** program, submission of the Steps Record Card at any one of the three program sites on March 15th, 17th, or 18th.

Weigh-In and Educational Sessions Sites and Dates

Monrovia - Morgan County Library

Monday, January 18th, February 15th, March 15th

Mooresville - Mooresville Public Library

Tuesday, January 19th, February 16th

Thursday, March 18th

Martinsville- Morgan County Public Library

Wednesday, January 20th, February 17th, March 17th

Payment of a \$5 registration fee per participant per contest.

To be considered eligible for prizes, each participant must register according to the contest rules and complete the program requirements by March 18, 2010. Winners will be announced the week following the completion of the program.