

# Announcing: The Capitol Mall Fitness Challenge 2012

## What

The Capitol Mall Fitness Challenge is an agency **team-based** 10-week challenge for State of Idaho employees working in the Treasure Valley in and around Boise. Goal: to lose unwanted pounds, increase activity, and improve overall fitness. State of Idaho employees, spouses/significant others, and retirees are welcome to participate. Challenge winners must be active State of Idaho employees. Start the action – [put up a Poster!](#)

## When

**Begins:** Monday, January 30, 2012

**Ends:** April 9, 2012.

## What's involved?

- Get your agency team together in December/January
- Email [jzauha@pte.idaho.gov](mailto:jzauha@pte.idaho.gov) the name of your Team, Team Members, and Team Captain by January 18, 2012
- Register online to weigh-in on January 23<sup>rd</sup> or 24<sup>th</sup>, 2012
- At weigh-in, your weight, blood pressure, and waist measurements will be recorded and stored by Saint Alphonsus Regional Medical Center
- At weigh-in, submit a signed participant [Waiver Form](#), pay the \$5 registration fee, pick up a registration packet, and verify your agency team

## How does the tracking work?

- Each team participant reports his/her week's gain/loss (e.g., up 2 pounds, down 5 pounds) to their Team Captain every Friday morning
- Team Captain adds their team's total loss or gain for that week and emails that total to [jzauha@pte.idaho.gov](mailto:jzauha@pte.idaho.gov)
- Team Chart is updated on the Fitness Challenge webpage every Monday afternoon throughout the 10-week Challenge
- Participants may check the Team Chart each Monday to see if their team is moving up or down

NOTE: Participants may use their own scale or an office scale during the 10 weeks; individual weights will never be disclosed. Weigh-in in January and Weigh-out in April will occur on the same official set of scales. If a team member drops out during the Challenge, they will remain in the mix at their initial weight and be added into the team's final weight in April.

HINT: it's easier for a team to win the Challenge if they have 15 or fewer members

## How to sign up

- Register for [January 23, 2011 \(JRW a.m. location\)](#) OR
- Register for [January 23, 2011 \(DEQ p.m. location\)](#) OR
- Register for [January 24, 2012 \(JRW location\)](#)
- Print and sign the [Waiver Form](#); bring it with you to the weigh-in
- Know your agency Team Captain's name; let him/her know you are joining the team

NOTE: If you are unable to weigh-in on either date, contact Jody Zauha at PTE at [izauha@pte.idaho.gov](mailto:izauha@pte.idaho.gov).

## **Cholesterol/Glucose Check (optional)**

Track your cholesterol and glucose levels during the Challenge, [register](#) for the Cholesterol/Glucose Clinic on **January 31, 2012**.

## **Winners**

- Winners will be determined based on total percentage of body weight lost.  
Example: A 140 pound person loses 8 pounds which equals a total loss of 5.7% in body weight. A 265 pound person loses 15 pounds which equals a total loss of 5.6% in body weight. In this scenario the 140 pound person would be the winner.
- An Awards Ceremony will be held Tuesday, April 17<sup>th</sup> to honor the Challenge winners: the winning Agency Teams and the Top Male and Top Female Losers.
- Prizes will be awarded and the **Traveling Team Trophy** may move on from the Idaho Real Estate Commission's winning 2011 Team!

## **How to stay motivated**

- Your agency team will be your primary source of motivation
- Participate in wellness seminars, activities, and events
- Weekly email tips
- The [Fitness Challenge webpage](#) on Health Matters.
- Weekly team rankings on the Team Chart
- The biggest reward – feeling good and knowing that you are doing a great thing for your health and wellbeing.

## **Team Captains**

Each agency team needs a **Team Captain** whose job is to keep the team focused and motivated throughout the 10 weeks. If you would like to be an agency Team Captain, please tell your agency Wellness Contact. **Request the Team Captain Guides from** [healthmatters@pte.idaho.gov](mailto:healthmatters@pte.idaho.gov).

## **Cost**

Only \$5 payable at the time of registration to Saint Alphonsus Regional Medical Center (SARMC). If you don't wish to pay a registration fee that's okay – you can still participate, we just won't take and store your data. We will still honor your success and encourage you to participate in all the activities throughout the Challenge.

## **Tools to Use**

- [Fitness Challenge Webpage](#) (Health Matters)
- Your Agency Team
- [Log Book](#) (available online on Health Matters 1/23/12))
- [Fitness Challenge Blog](#) (coming soon)
- [Smart Goals](#)
- [Fitness Club Discounts](#)
- [Capitol Mall Group Fitness Pilot Project](#)
- [Weight Management Incentive Program](#)

- [Health Tools](#)
- [Wellness Seminars](#) TBA soon on the Challenge webpage

### **What if you don't want to lose weight?**

Pay nothing, and join in the wellness seminars and activities - it's free. However, you won't have your measurements taken or tracked. Your energy, enthusiasm, and motivation may help keep others on track. You may want to volunteer to be a 'buddy' for someone on your team who wants more encouragement and motivation.

### **Why should I join?**

- Because losing weight, being more active, and getting fit can have an overall positive effect on your heart, your joints, your cholesterol, your blood pressure, your attitude, your work and customers, your enjoyment, your clothes, and so much more!
- Because it's a great way to start and stay fit.
- Because even 5 pounds can make a difference in how you feel.
- Because the camaraderie and support of your co-workers can be a great help.

### **Stay the Weight**

2011 Fitness Challenge participants who lost weight at the 4/12/11 and 4/13/11 weigh-out and have kept their weight off – or lost more – may weigh in again on either 1/23/12 or 1/24/12. Let us know at weigh in that you are a [Stay the Weight](#) participant and you will be entered into the contest! The winner will be announced the week of 1/30/12. You may also join the 2012 Fitness Challenge.

### **Questions about the 2012 Challenge?**

See your agency Wellness Contact.

### **Note**

**This program is voluntary.** Your individual statistics will only be discussed between you and the Saint Alphonsus Wellness Staff. You may choose to discuss them with others, if you wish.

