

Announcing: The Capitol Mall Fitness Challenge 2011

What

The Capitol Mall Fall Fitness Challenge is a **team based** 10-week challenge for State of Idaho employees working in the Treasure Valley in 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.

When

The Challenge officially begins Monday, **January 31, 2011** and concludes with the Final Weigh In on Tuesday, **April 12, 2011**. Registration dates/locations: **January 25th** at the JRW Building on State Street **AND** DEQ off of Orchard; **January 26th** at the **JRW Building** on State Street.

What's involved?

On the day you register, Saint Alphonsus Wellness Staff and Blue Cross of Idaho Staff will take your blood pressure, record your weight and your waist measurements. You will submit a signed participant waiver form, pay your registration fee, be assigned to an agency team (if you are not already), and pick up a packet of information/resources to get you started. To participate in the Challenge, you must belong to an agency team. If your agency doesn't have a team, you can sign up with another agency's team. We can help you with that at registration.

Each agency team will have a **Team Captain** whose job is to keep the team focused and motivated throughout the 10 weeks. The competition gets heated as the Challenge progresses! If you would like to be an agency Team Captain, please tell your agency Wellness Contact. **Read the attached Team Captain Guides.**

How does the tracking work?

Team members are on the honor system during the Challenge to report each week's gain or loss (e.g., up 2 pounds, down 5 pounds) to their Team Captain every Friday morning. The Team Captain will email the total team gain or loss so the master spreadsheet can be updated showing where your team stands in the mix! At no time will your team mates or your Team Captain have your actual weight. Once you've named your team, it's easy to find your team's position on the weekly spreadsheet. In April at the end of the Challenge, you will weigh in again using the same scales that were used at the initial weigh in. If any of your team members drop out during the Challenge, they will remain in the mix at their initial weight and be added into your team's final weight. Your job on a team is to keep each other motivated so everyone loses something. With a little hard work, your team could win the awesome traveling team trophy for 2011 (twice held by DHW)! Hint: it's easier for a team to win if they have 15 or fewer members.

How to sign up

For your convenience, weigh-in appointments will be available in the JRW Building at the Capitol Mall and at the DEQ Offices off Orchard at 1410 N. Hilton. Register online for the [January 25, 2011 \(JRW location\)](#) **OR** the [January 25, 2011 \(DEQ location\)](#) **OR** the [January 26, 2011 \(JRW location\)](#). Print and sign the [Waiver Form](#) and bring it with you to the weigh in.

At weigh in, you need to know whether your agency has a team.

If you are unable to weigh in on either date, contact Jody Zauha at PTE at 334-3216 or jzauha@pte.idaho.gov. Once you have registered for this Challenge, let your wellness contact or your agency team captain know that you will be participating.

Cholesterol/Glucose Check

If you want to track your cholesterol and glucose (blood sugar) levels during the Challenge, [register](#) for the Cholesterol/Glucose Clinic on **January 19, 2011**. It will be repeated in mid April so you can track your progress over 10 weeks. This is optional.

Winners

Winners will be determined based on total percentage of body weight lost. Examples: 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 award ceremony will be held in Tuesday, April 19th 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** will move on from DHW's Vitality Fit ...or maybe not!!!

The bottom line – the biggest reward at the end of the Challenge will be how healthy you *feel* combined with the knowledge that you did a great thing for your health and well being.

How to stay motivated

Your agency team will be your primary source of motivation. In addition, there will be some wellness seminars, activities, and email tips. The [Fitness Challenge webpage](#) on Health Matters is dedicated to the Challenge. You can check anytime on your team's status and the latest Challenge news. Your Team Captain will also keep you informed.

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 other activities throughout the Challenge.

Tools to Use

- [Fitness Challenge Webpage](#) (Health Matters)
- Your agency team
- Log Book (receive at registration)
- [Fitness Club Discounts](#)
- [Weight Management Incentive Program](#) updated - work with your physician to reach your weight loss goals!
- **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.

The Fitness Challenge may not be for everyone - but it is an opportunity to address two major health risk factors in our workforce: inactivity and poor nutrition.

Stay the Weight

2010 Fitness Challenge participants who lost weight at the 4/13/10 weigh in, have kept their weight off – or lost more – may weigh in again on either 1/25/11 or 1/26/11. 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 1/31/11. You may also join the 2011 Fitness Challenge.

Questions about the 2011 Challenge?

See your agency Wellness Contact.

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