



Announcing: The Capitol Mall Fitness Challenge 2010!

What:

The Capitol Mall Fall Fitness Challenge is a **team based** 10-week challenge for State of Idaho employees working in the Capitol Mall Area in Boise. Goal: to lose unwanted pounds 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.

This Challenge is for teams physically located in the Capitol Mall area making it easier for them to have access to the worksite weigh ins, cholesterol clinics, and noon hour seminars. There are resources available for you to manage your own challenge in your field office, area, or agency. [Contact Health Matters](#) if you are interested in doing this.

When:

The Challenge officially begins on Monday, **February 1, 2010** and concludes with the Final Weigh In on Tuesday, **April 13, 2010**. Registration dates: January 26th (11:00 to 2:00) and January 27th (11:00 to 2:00). Location: East Conference Room, JRW Building, 700 W. State St., Boise, ID.

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 it is to keep the team focused and motivated throughout the 10 weeks. The competition gets heated as the Challenge progresses!

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 and the master spreadsheet will 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. At the end of the Challenge, you will weigh in again using the same scales that were used at the initial weigh in. If team members drop out during the

Challenge, they will remain in the mix at their initial weigh-in weight and be added into your team's final weight. Your team could win the awesome traveling team trophy for 2010!

How to sign up:

Register online for the [January 26, 2010](#) weigh in **OR** the [January 27, 2010](#) weigh in. You may print and sign the [waiver form](#) and bring it with you to the weigh in.

It would be helpful on your weigh in date if you 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. You may weigh in on the official scales anytime during the week of January 25th through Monday, February 1st. Once you have registered for this Challenge, let your wellness contact or your agency team captain know that you will be participating.

Pilot Study

Great new opportunity!! **Idaho's Heart Disease & Stroke Prevention Program (HDSP)** is sponsoring a pilot program *within* the Fitness Challenge. Any interested Challenge participant may enroll at no cost. Enrollment for this pilot can occur at weigh in or the week of **February 8th**. HDSP participants will have a specific focus on walking and being active; they will be given a pedometer and other support materials at enrollment and will have their blood pressure and weight tracked at the beginning, middle, and end of the Challenge. This group will be compared to non HDSP participants at the end of the Challenge. If you have questions, an HDSP person will be at the registration table on weigh in day. Think about it – its one more way to better manage your health!

Cholesterol/Glucose Check

If you want to track your cholesterol and glucose (blood sugar) levels during the Challenge, [register for the Cardiac Risk Profile Clinic on February 4, 2010](#). 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 Monday, April 19th to honor the Challenge winners: the winning Agency Team and the Top Male and Top Female Losers. Prizes will be awarded and the traveling team trophy will move on from DHW's Behavioral Healthies...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 and in the loop.

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.

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 our team who wants more encouragement and motivation.

Why should you join?

Because losing weight and being 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

2009 Fitness Challenge participants who have kept their weight off – or lost more – since weigh in on 4/13/09 can weigh in on again on either 1/26/10 or 1/27/10. 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 1/1/10. You can also join the 2010 Fitness Challenge!

Questions about the 2010 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.