



## **FALL 4 FITNESS HEALTH CHALLENGE**

### **WELCOME:**

We would like to welcome you to Magna's Fall 4 Fitness Health Challenge. Whether this is your first time entering the challenge or not, we hope that this will be a positive experience in helping you improve your health. Even though this challenge is only for a short duration, we hope that you will make changes to your eating and exercise habits that will create permanent lifestyle changes that will continue long after the challenge ends.

### **HEALTHY WEIGHT LOSS:**

We encourage you to participate in a HEALTHY weight loss program that includes a balanced nutritional diet and exercise. We STRONGLY discourage extreme dieting such as pills and supplements, eliminating entire food groups or extremely limiting your caloric intake. We recommend a nutrition and/or exercise tracker to help keep track of your food and exercise habits. This tool can greatly increase your weight loss success if utilized properly. If you prefer to use an online tracking tool or mobile app, you are welcome to do so as long as you continue to follow a healthy diet. During the contest we will be measuring your body composition periodically to ensure that you are losing weight the healthy way and help you to have more sustainable weight loss for the future. If you have questions or need help figuring out a healthy diet, please let us know and we can help you.

### **HOW IT WORKS:**

Contestants will be divided into two groups: Male and Female. The contest is based on a weight loss percentage NOT just number of pounds lost. There will typically be a weigh-in every two weeks with Magna in Motion held on Tuesdays at the recreation center (see calendar for times and dates). There will also be a self weigh-in on the alternating weeks. See details in the calendar.

NOTE: Your weight will not be posted, just percentage weight loss. There are a variety of opportunities for you to participate in exercise classes and nutrition/exercise challenges throughout the contest. We encourage you to take advantage of these opportunities so check out the calendar for details on activities.

Questions please call 435-850-7305 or email us at [magnainmotion@gmail.com](mailto:magnainmotion@gmail.com)

**THANKS FOR JOINING US!**

**Fall 4 Fitness and Feel Good!**



- The Fall 4 Fitness Health Challenge will run from September 13 to November 15, 2016.
- Each contestant MUST BE 18 years or older before September 13, 2016.
- Each contestant MUST provide a completed and signed entry/disclaimer.
- Each contestant may pay his/her non-refundable fee by cash/card/check/pay pal. All forms and payment must be received no later than at time of the mandatory kick off weigh-in.
- Contest Kickoff/Initial Weigh-in will be held on September 13, 2016 between 6-8 am and 6-8 pm at the Magna Recreation Center. Contestants may come anytime during either block of time. IT IS MANDATORY TO WEIGH-IN ON THIS DATE AND DURING EITHER OF THESE TIMES to participate. We hope you can make it, there will be NO EXCEPTIONS.
- The final weigh-in and Post Health Assessment will be held on November 15, 2016, (see calendar for times) at the Magna Recreation Center. Contestants may come anytime during either block of time. YOU MUST WEIGH-IN AT THIS TIME AND DATE to be eligible for the grand prize(s) and other prize(s).
- Each contestant is encouraged to consult a physician and engage in healthy and safe weight loss. **Any extreme dieting and participation without consulting a physician is strongly discouraged.**
- Body Composition/Body Fat percentage measurements will be taken at contest kick-off on September 13, 2016 and final weigh-in November 15, 2016.
- There will be random prize drawings for participation in challenges, weigh-ins and other calendar events.

Contestants who have paid their fee, complied with all rules, and have attended at least 3 official Magna in Motion weigh-ins (self weigh-in's are for your support and do not count as official weigh-ins) are eligible to win prizes. Prize winnings are contingent on number of entries:

Category 1: Cash prize (1 Man and 1 Woman)

Additional prizes awarded throughout the contest for participation in weigh-ins and additional activities

See Calendar for information and dates

## **WINNERS WILL BE ANNOUNCED ON NOVEMBER 26 , 2016 AT THE MAGNA SANTA STROLL**

**ALL DECISIONS OF THE MAGNA IN MOTION COMMITTEE ARE FINAL**

All materials or information given and provided in conjunction with the Fall into Fitness Health Challenge are intended for general information purposes only. Under no circumstances are they intended, nor should they be construed, as a substitute for professional health advice from your healthcare provider.

## Understanding Your Body Composition Results

TANITA BODY COMPOSITION ANALYZER	
BODY TYPE	STANDARD
GENDER	MALE
AGE	18
HEIGHT	5ft 10.0in
WEIGHT	197.8 lbs.
BMI	28.4
FAT%	19.5%
BMR	9296 kJ
IMPEDANCE	2222 kcal
FAT MASS	401Ω
FFM	38.6 lbs.
TBW	159.2 lbs.
	116.6 lbs.

**BODY TYPE:** The Tanita machine comes with two settings, Standard or Athletic. The Athletic setting is for those individuals that exercise more than ten hours per week consistently. The standard setting is used for all others who exercise less than 10 hours per week.

**BMI:** Stands for Body Mass Index which gives an ideal weight for a person's height ("given how tall you are, you should weigh this much..."). It shows the relationship between weight and height and is sometimes used to determine disease risk or the increased chance of developing certain diseases because of a person's weight.

**FAT %:** The percentage of total body weight that is fat.

**BMR:** Basal Metabolic Rate is the number of calories an individual's body burns every day to maintain basic life functions. This includes breathing and pumping blood throughout the body. It is recommended that individuals consume, at the very minimum, enough calories to meet BMR needs.

**IMPEDANCE:** It is a non-harmful electrical current that runs through your body which analyzes different types of body tissue such as muscle vs. fat.

**FAT MASS:** The number of pounds of fat in comparison to total body weight

**FFM (FREE FAT MASS):** The number of pounds of tissue in the body that is not fat including: bones, organs, muscle, and water.

**TBW (TOTAL BODY WATER):** The number of pounds in the body that contains water. This is important for hydration.

**SEPT 13 - OCT 1, 2016**

**Sept 13 (Tuesday)** — Kick off Weigh in 6-8 am or 6-8 pm  
Magna Recreation Center

**Sept 14 (Wednesday)** — PUMP N PARK (3940 S. 6702 W.)  
Join Lex for a great outdoors workout (Bridle Farms Park)

**Sept 17 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

**Sept 20 (Tuesday)** — Self weigh, take a picture of your weight on the scale and send to [magnainmotion@gmail.com](mailto:magnainmotion@gmail.com)

**Sept 24 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

**Sept 27 (Tuesday)** — Weigh in 6:30-7:30 am or 6:30-7:30 pm  
Rec Center

**Sept 28 (Wednesday)** — PUMP N PARK (3940 S. 6702 W.)  
Join Lex for a great outdoors workout (Bridle Farms Park)

**Oct 1 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

Remember there are great JAZZERCISE classes and exercise equipment at the Magna Recreation Center (check with the Magna Rec center for cost)



**WATER CHALLENGE**

**Sept 13—30**

**Complete water challenge and receive a chance to win prizes!**

# OCTOBER 2-31, 2016

**Oct 4 (Tuesday)** — Self weigh, take a picture of your weight on the scale and send to [magnainmotion@gmail.com](mailto:magnainmotion@gmail.com)

**Oct 5 (Wednesday)** — PUMP N PARK (3940 S. 6702 W.)  
Join Lex for a great outdoors workout (Bridle Farms Park)

**Oct 8 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

**Oct 11 (Tuesday)** — Official weigh in 6:30-7:30 am or 6:30-7:30 pm  
Rec Center

**Oct 15 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

**Oct 18 (Tuesday)** — Self weigh, take a picture of your weight on the scale and send to [magnainmotion@gmail.com](mailto:magnainmotion@gmail.com)

**Oct 19 (Wednesday)** — PUMP N PARK (3940 S. 6702 W.)  
Join Lex for a great outdoors workout (Bridle Farms Park)

**Oct 22 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

**Oct 25 (Tuesday)** — Official weigh in 6:30-7:30 am or 6:30-7:30 pm  
Rec Center

**Oct 29 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot



**CHECK OUT THIS MONTHS ACTIVITY CHALLENGE AND FOR A  
CHANCE TO WIN!!**

**NOVEMBER 1-15, 2016**

**Nov 1 (Tuesday)** — Self weigh, take a picture of your weight on the scale and send to [magnainmotion@gmail.com](mailto:magnainmotion@gmail.com)

**Nov 2 (Wednesday)** — PUMP N PARK (3940 S. 6702 W.)  
Join Lex for a great outdoors workout (Bridle Farms Park)

**Nov 5 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

**Nov 8 (Tuesday)** — WALK to your nearest voting poll and VOTE !! Send a selfie to [magnainmotion@gmail.com](mailto:magnainmotion@gmail.com) for an extra chance to win prizes!

**Nov 12 (Saturday)** — Walking Group 7:45-8:45 am  
Meet in the Rec Center parking lot

**Nov 15 (Tuesday)** — FINAL Official Weigh in 6:30-7:30 am or  
6:30-7:30 pm @ Magna Rec Center

**Check out the Fruit and Veggie Challenge for a chance to win!**



**Winners will be announced  
at the  
Magna Santa Stroll (Nov 26)**

*Come "stroll" with us  
and Santa!!*



# Water Challenge SEPT 13-30



Sept 13 \_\_\_\_\_ ounces

Sept 15 \_\_\_\_\_ ounces

Sept 17 \_\_\_\_\_ ounces

Sept 20 \_\_\_\_\_ ounces

Sept 23 \_\_\_\_\_ ounces

Sept 26 \_\_\_\_\_ ounces

Sept 28 \_\_\_\_\_ ounces

Sept 29 \_\_\_\_\_ ounces

Sept 14 \_\_\_\_\_ ounces

Sept 16 \_\_\_\_\_ ounces

Sept 18 \_\_\_\_\_ ounces

Sept 19 \_\_\_\_\_ ounces

Sept 21 \_\_\_\_\_ ounces

Sept 22 \_\_\_\_\_ ounces

Sept 24 \_\_\_\_\_ ounces

Sept 25 \_\_\_\_\_ ounces

Sept 27 \_\_\_\_\_ ounces

Sept 30 \_\_\_\_\_ ounces

Turn in your completed  
form at the final weigh-in

The Water Challenge is designed to encourage you to incorporate more water into your daily life. You should drink 64 ounces of water a day, that equals 8 cups of water. Track the ounces of water you drink per day. Depending on the ounces of water you consume per day will determine how many entries you will have into the raffle at the end of this challenge.

# ACTIVITY CHALLENGE October 1-31

Name \_\_\_\_\_

The Activity Challenge is designed to encourage you to incorporate more activity into your daily life. Mark off the boxes as you complete the weekly challenges. Depending on the number of challenges you complete will determine the number of raffle tickets you receive.

**Complete at least 2 challenges per week—1 raffle ticket**

**Complete at least 4 challenges per week—2 raffle tickets**

**Complete at least 5 challenges per week—3 raffle tickets**

**Complete ALL 24 challenges—4 raffle tickets**

Turn in your completed form at the next weigh-in

## Week 1

Oct 1-8

- Attend the walking group
- Walk someplace you normally drive
- Go to a track and walk a mile
- Vigorously clean for 30 minutes
- Do 30 minutes of a physical activity you enjoy
- Do 3 sets of 25 jumping jacks

## Week 2

Oct 9-15

- Attend the Park n Pump class
- Run or walk for 20 minutes
- Do 25 push-ups and 25 tricep dips
- Go to Pump N Park on May 11th
- 10 minutes of stretching
- Go bicycling for an hour



## Week 3

Oct 16-22

- Attend the Power in an Hour class
- 20 minutes of walking stairs
- Go to a Jazzercise class
- Try a new class at the gym or rec. center
- Get up and walk outside for 30 min.
- 10 min. abdominal workout, use a stability ball or do sit-ups

## Week 4

Oct 23-31

- Attend the Park n Pump class
- Do something fun and active outdoors
- Attend the Walking group
- 2 sets of 12 (biceps & triceps) with weights or weight machine
- Go to a track and walk a mile
- 15 minutes of stretching

# Fruit & Veggie Challenge    Nov 1—14, 2016

Day of the Week	Date	Servings of Fruit or Veggie
Tuesday	Nov 1	
Wednesday	Nov 2	
Thursday	Nov 3	
Friday	Nov 4	
Saturday	Nov 5	
Sunday	Nov 6	
Monday	Nov 7	
Tuesday	Nov 8	
Wednesday	Nov 9	
Thursday	Nov 10	
Friday	Nov 11	
Saturday	Nov 12	
Sunday	Nov 13	
Monday	Nov 14	
	CHALLENGE TOTAL OF FRUIT/ VEGGIE SERVINGS =	

The Fruit and Veggie Challenge is designed to encourage you to incorporate fruits and vegetables into your diet and daily life. Track the number of servings you eat per day. Depending on the average number of servings per day will determine how many entries you will have into the raffle at the end of the 2-week challenge.

1-2 servings of fruit/veggies per day = 1 raffle ticket

3-4 servings of fruit/veggies per day = 2 raffle tickets

5-6 servings of fruit/veggies per day = 3 raffle tickets

Disclaimer: Eating fruits and vegetables is necessary for great health, but be sure to ease into this program. A rapid increase in the consumption of fruits and vegetables can cause bloating, gas, digestive problems, cramping and loose stools.