



## PARTICIPANT REGISTRATION FORM

Please check which option you choose:

- ☐ **Members** - \$119 for Slimdown and MZ3 (\$59 Slimdown/\$60 MZ3) *(MZ3 Retails for \$127)*
- ☐ **Members** - \$59 for Slimdown ONLY
- ☐ **Non-Members\*** \$169 Slimdown and MZ3 (\$89 Slimdown/\$80 MZ3) *(MZ3 Retails for \$127)*
- ☐ **Non-Members\*** - \$89 for Slimdown ONLY

Participant Name \_\_\_\_\_ Member \_\_\_\_\_ \*Non-Member \_\_\_\_\_

*(\*without a membership you will only be able to come to the Y for the weekly weigh-ins and Slimdown events)*

Address \_\_\_\_\_ City \_\_\_\_\_

Zip Code \_\_\_\_\_ Sex M F Birth Date \_\_\_\_\_

Phone \_\_\_\_\_

\*Email: \_\_\_\_\_

\*Email: \_\_\_\_\_

*(\*We will be communicating with you throughout the competition via email every week. Please write clearly.)*

T-shirt Size: S M L XL XXL XXXL

\*Team Name: \_\_\_\_\_

Teammate #1: \_\_\_\_\_

Teammate #2: \_\_\_\_\_

Teammate #3: \_\_\_\_\_

*(\*If you do not have a team, we will try out best to find teammates for you.)*

**First official weigh-ins MUST be done during the 1<sup>st</sup> week of the contest.** The contest officially starts Monday September 16th.  
Weigh-ins need to be done on either Tuesday September 17<sup>th</sup>, Thursday September 19<sup>th</sup> or September 21<sup>st</sup>.

I specifically assume all risks of injury arising out of my presence on the premises of the Greater Hartford Association YMCA, my use of its equipment or facilities and my participation in activities, whether on its premises or at another location, and for myself and my heirs and assigns hereby waive, release and agree to hold free from all claims for damages of the Greater Hartford Association YMCA and its offices, directors, members, employees or agents. I understand the risks and dangers involved in participating in the programs and activities of the YMCA, I am physically capable of participating in such programs and agree not to participate in any activity that may injure myself or others. My signature also indicates my permission to use any pictures or any other media for promotional purposes. Lastly, I understand that there are no refunds for the contest registration fee.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Staff Name \_\_\_\_\_ Receipt# \_\_\_\_\_ Payment Type \_\_\_\_\_



# MYZONE VS. WRIST TRACKERS

It takes more than step counts to **see real results.**

## HOW MYZONE MAKES A DIFFERENCE?



### Myzone Rewards your overall Effort.

Myzone measures your heart-rate during exercise and monitors all activity as a whole. Rather than counting steps, Myzone tracks your intensity throughout any exercise, i.e. strength training, cycling, HIIT, yoga, etc., by monitoring your % of max HR with 5 simple, colored-coded zones which is further translated into Myzone Effort Points (MEPs).



### Tracking your progress is easy.

The Myzone belt only measures data while you are wearing it. You can keep track of your workouts and monitor your exercise activity in the Body Metrics section of the Myzone app, which provides accurate data on your fitness progression overtime.



### Accuracy is the key.

Myzone's MZ-3 and MZ-1 belts are the most versatile fitness tracker with **99.4% accuracy** to an EKG. The tracker is worn around your chest and monitors your heart-rate during exercise, recording all movement, which is then translated into your overall effort percentage. The effort zones are personalized based on your Max Heart Rate, ensuring you get accurate feedback from each workout.

## COMPARING MYZONE & WRIST TRACKERS



Goal setting



Competitive leaderboard



Status ranking



Engaging social platform



Built-in data storage



Step counting



Sleep tracking



Text message alerts



### Key Features of Myzone

Measures exercise effort



In-gym live effort display



Displays data on gym equipment



Rewards all your effort



Works with many 3rd party apps



## DOWNSIDE OF WRIST TRACKERS

### Wrist trackers don't reward all your activity.

During a push up, the wrist doesn't 'move' and the 'steps' are not counted. Burpees, pull ups, lunges, box jumps, cycling, boxing and yoga are among the activities that wrist trackers aren't able to properly reward.

### Wrist trackers prioritize irrelevant data.

General movement and sleep pattern data are prioritized by wrist trackers, but provide no relevant measurement or insight to your actual exercise habits.

### Wrist-based heart rate detectors are inaccurate.

Brands that use this technology state on their websites that the devices lose accuracy if you are moving in a non-rhythmical manner, clenching your fist or moving your wrist.

Learn more about Myzone Technology at [myzone.org](http://myzone.org) or [info@myzone.org](mailto:info@myzone.org)



#myzonemoves | #myzonemoves | #myzonecommunity