

# THE GREAT HARTFORD SLIMDOWN

WORKOUTS ARE BETTER TOGETHER



## FAQ's

**When does the competition start?** The competition officially begins on Monday September 16<sup>th</sup>. First Official Weigh-ins will be (Tuesday September 17<sup>th</sup>, Thursday September 19<sup>th</sup> or Saturday February 21<sup>st</sup>). The Kickoff workout will be on Monday September 16<sup>th</sup> at each branch. Check with your facility for specific times and locations. The Kickoff workout is considered a strength workout and is worth **2** points per person.

**When does the competition end?** The final weigh-in day is Saturday November 23<sup>rd</sup> , however you will have Sunday November 24<sup>th</sup> as a final day to get in any last workouts and complete the last challenge. All paperwork is due by Monday November 25<sup>th</sup>.

**When are the weigh ins?** The weigh in days are every Tuesday, Thursday and Saturday. **Only a Wellness staff can weigh you on the scale at the YMCA.** You are not able to weigh in on any other days, even if you are away for business, vacation, or an illness.

**Do I need to weigh in on the same day every week?** No, you do not need to weigh in on the same day every week. You can weigh in on any of the weigh in days.

**What happens if I am away one week and will miss a weigh in?** If you know ahead of time of a week you are going to be away, you must inform the wellness staff **who weighs you the week before you leave.** By doing so, the Wellness staff can put your weight in **two weeks** in a row so you do not get penalized.

**How do I submit my workout log if I am away?** If you are back in town by the following Monday to hand in your workout log, you can hand it in then. If not, you can take a picture of your workout log and email it to your Health & Wellness Director by Monday.

**Do I have to work out at the Y?** You are not required to do the workouts at the YMCA, but it is recommended that the strength workouts be done at the YMCA because we have the equipment needed. Cardio/Mind Body workouts can be done at the YMCA or elsewhere, such as outdoor running/biking/skiing (with intervals of course!).

**What are the weekly requirements?** The most important weekly requirement is that you **MUST** weigh in once a week. If you miss a weigh-in, your team loses 3 points for that week. You are required to do **2 Strength** and **2 Cardio/Mind Body** workouts each week. You will not lose points if all workouts aren't completed. However, if you're in it to win it, you will do all of the workouts every week! **(BUT YOU WILL NOT RECEIVE ANY BONUS POINTS IF YOU DO NOT COMPLETE THE REQUIRED NUMBER OF WORKOUTS DURING THAT WEEK.)**

**Can I do my own strength workouts?** If you are not taking a Group Fitness class, or workout out with a personal trainer, you must complete the Strength Workout that we provide and log it on the strength log that is in your Team Folder. The goal of this program is to encourage you to try something new and challenge your body in a different way to help with your weight loss.

**What is the Weekly Challenge workout?** In **addition** to the weekly strength, cardio and flexibility workouts, each week there will be a "Challenge Workout" that will give you the opportunity to earn your team extra bonus points. You will be notified of this challenge via email every Sunday evening, and have a full week to complete it. **A teammate will NOT earn any bonus points if he or she has not completed the required 2 strength & 2 cardio/mind body workouts for that week.**

**Who do I contact during the contest if I have any questions?**

Contact the Health and Wellness Director at your branch, or Wellness Staff can answer questions.

**How do I earn points for weight loss?** For every one percent (1%) of weight you lose from you initial weight, you earn your team five (5) points.

**\*\*Should you gain weight back, you will lose weight loss points that you had currently earned. The amount will be determined by how much you gain back.**

**What if our Team Points do not seem correct?** Please contact your home branches Health & Wellness for all questions about your team's points. They will be happy to show you how we calculated your team's points.

**Where are my team's workout logs located?** Every paper you will need to fill out during the contest will be in the Great Hartford Slimdown bin or on the shelf behind the Wellness Center Desk. **All logs must be completed by the end of the day on Mondays**, as they will be checked on Tuesday. Every Monday morning you will have new weekly logs in your team folders.

**How do I know how my team is doing?** Starting Week 2, the Team Standings will be released at each branch and on the Slimdown Facebook Group on Wednesdays.

**Will people know my weight?** Nobody besides the Wellness staff who weighs you will ever know your weight. It is kept confidential.

**How can I learn the strength training workouts?** The digital file of the workouts that you will be receiving have links to video demonstration snap shots of each exercise. Be sure to bring your phone or tablet to your workouts so you can use and access them. Also, Wellness staff will be readily available to help with any exercises. Please see Wellness Staff or contact the Wellness Director if you need assistance.

**Who gets prizes?** The Top Overall Association Team, the Top Branch Team and the 2<sup>nd</sup> and 3<sup>rd</sup> Place Branch Teams with the most point will be receiving prizes. The overall Top Female and Male who lose the highest weight percentage will also receive prizes and more. *For a the full list, please refer to the Rules and Regulation for a full list of prizes.*

**When will the winners be announced?** Each branch will be hosting their Awards/Red Carpet Ceremonies on Monday December 2nd.

**What happens if one of my teammates drops out?** You are able to find someone else to replace a lost teammate. If not, you will not lose points for missed weigh-ins, but you will just not receive any weight, workouts or bonus points from that 4th teammate.

**What happens if I can only weigh in on a different day than suggested?** The official weigh in days are Tuesdays, Thurs, and Saturdays all day. Please make arrangements to weigh in only on those days. No exceptions.

**How many points do I get for specific Group Fitness Classes?** Each branch has the points designated on the Group Fitness schedule. A Strength class is worth 2 points, all others are worth 1 point. Please check with your Health & Wellness Staff for a schedule.

**I have equipment at home, can I do my workouts at home?** You are not permitted to use your strength equipment at home or do your own strength workout. The only workouts that count is the strength workout you have been given (the log is in your folder), a group fitness class that is labeled as 2 points, or if you work with a personal trainer.

**How long do each of the workouts have to be?** There is no required time for a workout. The only requirement is that you sweat, get your heart rate up and feel great when you are done and you accomplished something good for yourself.

**Does walking count as cardio?** Walking does count as cardio, BUT you must be walking hills outside or have a minimum 10% incline on the treadmill. The GOAL of this competition is to lose weight. Walking is a great exercise to do if you are just trying to be active and healthy, but it is not an effective method to lose weight. We are trying to teach you how to make the best use of your time. If you do want to walk and have it count for a Cardio credit, put the treadmill at an incline (min 10%) or go outside, find a good hill and do hill repeats. The goal is to get your heart rate elevated.

**Can I do 2 Cardio/Mind Body or 2 Strength workouts in a day and get credit for both?** You are able to get credit for 1 Cardio/Mind Body workout and 1 Strength workout/day. You will **not** get credit for multiple cardio or multiple strength workouts in the same day. 1 of each per day **ONLY**.

**Do I have to fill out my Workout Log every time I work out?** No. You only need to make sure that your Workout Log is filled out for the week by the end of the day on Mondays. Feel free to fill it out as you go throughout the week, or wait until the last time you are in the Y for the week and fill it all out then. Whatever works for you.