

# THE GREAT HARTFORD SLIMDOWN

WORKOUTS ARE BETTER TOGETHER



## Rules and Regulations

- The program officially starts on Monday September 16th.
- The program runs for 10 weeks from Monday September 16th – Sunday November 24<sup>th</sup>.
- The Winners and Awards will be announced and given out at the Branch Awards/Red Carpet Ceremony on Monday.
- Four (4) people to each team, can include non-members (no obligation to join).
- **Deadline for team name and team members must be submitted by Saturday, September 14<sup>th</sup>, or teams and team names will be assigned.**
- Non-members can participate in the program.
- Without a Y membership, non-members will not be able to workout at the Y and also may not be able to complete every “Weekly Challenge.” Non-members will still have to log their cardio and strength workouts and must come to the Y for their weekly weigh-ins. Non-members will get the weekly emails, have access to the exclusive “GH Slimdown Facebook page,” and can participate in any specific Slimdown events
- Non-members may opt to have a 12 week membership for \$130 (\$59 for Slimdown, \$60 for MZ3, plus 12-week membership \$130 = \$249 for entire package).
- There must be a minimum of 10 teams for the competition to run
- The Kickoff Workout for the competition is Monday September 16th. *(Check your local branch for specific time and location)*. You are not required to attend the Kickoff, but it is highly recommended. Your team will **NOT** lose points if you are not able to attend. **Register at your branch.**
- We encourage you to take before and after pictures during the challenge. Feel free to post your team or individual progress on our Greater Hartford Facebook page.
- Participants must weigh-in wearing only shorts and a T-shirt. No jackets/coats/hoodies/sweatpants etc. Your pockets must be empty when you weigh in. You do not have to take your shoes off during weigh-ins, sneakers are optional.
- **Weekly Weigh-In Days: Tuesday, Thursday and Saturday ONLY.** You will not be permitted to weigh in on other days of the week. Participants must weigh in each week or your team will lose 3 points for each missed weigh in.
- Participants can come at any time on a designated weigh-in day to weigh-in with the YMCA Health & Wellness Staff.

- If any team member fails to weigh in on the required days **EACH WEEK**, your team will lose 3 points for each missed weigh in. If you are away any particular week, please notify the Wellness Staff ahead of time, your weigh-in for that week will be excused.
- Your first official weigh in **MUST** be done on either of the following dates:
  - Tuesday Sept 17th
  - Thursday Sept 19th
  - Saturday Sept 21st
- **FINAL WEIGH IN:**
  - Tuesday Nov 19th
  - Thursday Nov 21st
  - Saturday Nov 23rd
- Each week you are required to complete and turn in your Weekly Workout Log by the end of the day on the following **MONDAY**. You will not receive any workout points for that given week if we do not have a completed workout log from you.
- All final workout logs & challenge sheets due in your team folders by Monday November 25th.
- **Workout Requirement:** You must complete 2 Strength and 2 Cardio Workouts each week. *(Workout options will be giving out at the start of the program)*

### Competition Prizes:

- Overall Association Team Winners – each member receives \$200 Gift Card
- Overall Branch Team Winners – each member receives \$100 Gift Card
- Overall Association Top Male % Weight Loss Winner – 6 Month Membership
- Overall Association Top Female % Weight Loss Winner – 6 Month Membership

### HOW YOU EARN POINTS:

- For each 1% of total body weight lost, your team will receive **5 points**.
- Additional points can be obtained in the following ways:
  - For each **STRENGTH TRAINING** workout you complete, your team receives 2 points (Max 6 points per week).
  - For each **CARDIO or MIND & BODY** workout you complete, your team receives 1 point (Max 4 points per week).
  - The **TOTAL** amount of workout points you can earn for your team each week is 10 points.
- Strength Workouts and Cardio Menu/Mind Body options will be given to you at the start of the program.
- Additional points will be given for “Weekly Challenge” workouts, which will be emailed to you every Sunday. You will have 7 days to complete each weekly challenge.
- To earn **Bonus Points** from the Weekly Challenge, you **MUST COMPLETE** the required 2 strength & 2 cardio/Mind Body workouts for that week, otherwise the bonus points will **NOT** be counted.
- You are not required to workout with your teammates; however, it is more motivating this way! **NO REFUNDS WILL BE GIVEN AFTER REGISTRATION FEE IS PAID.**