

Tiftarea YMCA Team Lean 2012

What is Team Lean?

- Team Lean is a 10 week weight loss competition sponsored by the Tiftarea YMCA.
- Team Lean will begin on Monday, January 16, 2012 and will end on Friday, March 30, 2012.
- Teams of four people or individuals compete to lose the highest percentage of weight during the competition.
- Prizes are given to the top teams and the top male and top female at the end of 10 weeks. Team winners will be based on a percentage of participants. Prizes are awarded at the
 - Team Lean Finale. The finale will be held at Apple Bees March 30th at 7pm to announce the winners.

How does Team Lean work?

- Each participant must undergo an initial & final weigh-in.
- The cost is \$30 for YMCA members & \$40 for Non-Members (Financial assistance is available; inquire at the member service desk).
- Registration deadline is Jan 13, 2012 at 5pm at 1823 Westover road campus.
- For every pound gained, participants must pay \$1.
- Cash prizes are distributed at the Finale to the top team and the top male and female in the individual category.
- Any business that has 20 or more signed up for Team Lean will be offered on-site weigh-ins on
- Any business or individuals that are non-members will receive a discount on joining the YMCA if they participate in the team lean program.
- Team Lean participants have access to weekly aerobics classes, nutrition classes, and personal trainers during the 10 week program.

Why is Team Lean successful?

- All weights are held confidential. (Not even shared with team members).
- Team efforts motivate participants to stay focused on losing weight through diet and exercise.
- Cash prizes motivate participants to remain competitive throughout the 10 week program.
- Participants choose their own diet and exercise program.

Are Nutrition and Exercise Classes Offered?

- Participants will be given one guest pass per week at weigh-in and are encouraged to attend
- fitness classes and use cardio equipment at the Y until March 30, 2012.
- Healthy recipes will be available to pick up at weigh-ins.
- One nutrition Health Talk will be offered at the 1823 Westover Y and at the

Who can join Team Lean?

- Anyone 13 years of age or older may participate.
- Participants can choose to compete as a team or as an individual.

What are the Team Lean rules?

- All participants must be at least 13 years of age by January 13, 2012.
- Participants between the ages of 13 and 17 must have parental and physician release form signed before January 13, 2012.
- All participants will weigh-in at the 1823 westover Y campus.
- Photo ID must be presented at all weigh-ins.
- The initial weigh-in will be at the Team Lean Kick Off on Monday, January 16, 2012 from 11:30am-1:30pm and 5:45pm-7:00pm.
- The Finale weigh-in will be at the 1823 westover campus Monday, March 26, 2012 from 11:30am-1:30pm and 5:45pm-7:00pm.
- Healthy eating and exercise are encouraged.
- Drastic weight loss and unhealthy weight loss practices are discouraged.
- No sabotaging other teams.
- All fees are non-refundable. No exceptions.
- YMCA employees may participate in the Team Lean competition.
- The Team Lean Committee has the right to make changes or clarifications to the rules at any time.

What Are The Benefits of Team Lean?

- Weight loss and regular exercise lead to better health.
- Team competition promotes camaraderie, encouragement, and motivation among team members
- and others.
- Healthier people have less medical expenses, which may decrease health insurance premiums.
- Weight loss leads to more energy, increased productivity, and higher self esteem.

How Do I Register?

- Each participant will complete and sign a registration form by January 13, 2012.
- Completed forms may be turned in as soon as December 1, 2011.
- You may sign up as an individual or as a team of 4 people.
- Choose a unique team name.
- You must form your own team. Team Lean Coordinators will not place you on a team.

Who Should I Contact for More Team Lean Information?

- Ambur Humphrey
- Tiftarea YMCA YMCA
- 229-391-9622
- ahumphrey@tiftareaymca.org