



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET HEALTHIER STRONGER TOGETHER



**2017 TEAM LEAN PARTICIPANT FORM
TIFTAREA YMCA**

10 WEEK WEIGHT LOSS COMPETITION

WELLNESS COACHING

CASH PRIZES

HEALTHY LIFESTYLE



Team Lean 2017

WEEKLY WEIGHT CHART

Name: _____

Use the table below to record your progress throughout the 10-week competition.
Remember that a healthy rate of weight-loss is approximately 1/2 – 2 pounds per week.

Record at weigh-in site by a Team Lean Official		Record By Participant	
Date	Weight	Weekly Pounds Lost	Pounds Lost Total
EARLY WEIGHIN January 7, 2017			
Initial January 12, 2017			
Week 2 January 19, 2017			
Week 3 January 26, 2017			
Week 4 February 2, 2017			
Week 5 February 9, 2017			
Week 6 February 16, 2017			
Week 7 February 23, 2017			
Week 8 March 2, 2017			
Week 9 March 9, 2017			
Final March 16, 2017			

SATURDAY MARCH 18, 2017 AWARDS CEREMONY



Welcome to Team Lean 2017!

By becoming a part of Team Lean, you are making an investment in being a new, healthier you. Team Lean has been a success since its inception in 2005. Georgia ranks among the HIGHEST states with the number of people that have been told by their physician they "have diabetes." One of the major disease risk factors contributing to diabetes is obesity. Per a study done by the BRFSS and UHF Georgia's average BMI rating is 30.5. That is TOP 20 for heaviest states. TIFTAREA Y is proud to contribute to the reduction of one of the major disease risk factors: obesity!

We encourage you to take full advantage of all that Team Lean has to offer. Join others in this journey as you learn to eat better, make healthier choices, and be more active. Improve your quality of life that impact your friends and family. If you aren't already a Y member, I encourage you to become a member we are more than just a Gym we are a Cause. We hope you decide to join after your Team Lean experience. The Joining Fee will be waived for all Team Lean Participants who join the TIFTAREA YMCA during the competition.

Best wishes for a great, healthy experience in Team Lean 2017!

Richard Shoniker
Fitness Director
TIFTAREA YMCA



What is Team Lean?

- Team Lean is a 10 Week Weight Loss Competition brought to you by the TIFTAREA YMCA
- Team Lean will have an early weigh-in Saturday January 7th, 2017. If you miss the early weigh-in day you must weigh-in January 12th 2017 for your Initial weigh-in. Team Lean 2017 and end on Thursday March 16th, 2017 for your final weigh-in.
- Prizes are given to the top teams with the most weight percentage lost, and top male, and top female with total weight lost at the end of 10 weeks. Churches and Corporations are a part of the Team Category.
- Team Leans Presentation of the Winners will be held March 18th 2017 @ 1657 S Carpenter Rd Tifton GA 31793 @ 5:30PM. All teams will be recognized and awarded.

What are the benefits of Team Lean?

- Weight loss through proper nutrition and regular exercise lead to better health.
- Team competition promotes camaraderie, encouragement and motivation among team members.
- Those with a healthier weight tend to have a decrease in medical expenses.
- Weight loss leads to more energy, increased productivity and higher self-esteem.
- The Joiner's Fee will be waived for all Team Lean Participants who join the TIFTAREA YMCA during the competition.

How does Team Lean Work?

- Each participant must undergo an initial & final weigh-in
- The cost is \$50 for EARLY BIRD (Before December 23rd 2017) and \$65 for anyone Registering After Early Bird Deadline
- YMCA Staff is welcome to participate
- ANY Potential Members participating in TEAM LEAN 2017 may utilize any of our classes (excluding GAIL'S Boot camp and Water Aerobics this also excludes the WELLNESS CENTER COED AND LADIES FITNESS) as long as you are wearing their TEAM LEAN SHIRT. At no additional cost.
- For every pound gained, Participants must pay an additional \$5.
- Registration deadline is January 10th, 2017
- Cash Prizes are distributed at the Finale to the top team and the top male and top female in the individual category.

How do I register for Team Lean?

- Each Participant will complete and sign a registration form by January 5th 2017
- Completed forms may be turned in as of November 15th, 2017

Who Should I contact for More Team Lean 2017 Information?

Richard Shoniker
1657 S Carpenter Rd, Tifton GA 31794
TIFTAREA YMCA
229-391-9622
Richard@TIFTAREAYmca.org



FORMAT, RULES AND REGULATIONS

Format:

- 4-5 Person Team
- Instructor Led Classes
- You May Also Choose to Compete as an Individual for an Additional \$10

*Denotes New Rule

Rules

- All participants must be 16 years of age by January 1st 2017
- Any participants between 16 and 18 years of age must have a parental and physician release form signed before January 5th 2017
- **No sabotaging other teams or individuals**
- ***Any Participant that competed in any TEAM LEAN across the state put on by a YMCA and lost 30lbs or more you will be subject to a penalty if you gained back more than half of what you lost. Anyone who meets such criteria will be subject to a penalty; the penalty will be assessed by lbs lost in Team Lean 2016. EX If you lost 40lbs your weight will not be accredited until you meet your 2015 halfway weight of 20lbs lost.**
- ALL FEES ARE NON REFUNDABLE. NO EXCEPTIONS
- YMCA employees may participate in the Team Lean Competition
- Team Lean Committee has the right to make changes or clarifications to the rules at any time with or without knowledge or consent of participants.
- Teams must have a Team Captain and a Team Name.
- Teams will be allotted to miss 1 weigh in per person on said team. EX. A team of 5 will be allotted 5 missed weigh-ins. Any person who misses 2 consecutive weigh-in will be eliminated from competition.
- Individual registrations may miss up to 2 weigh-ins. **ANY INDIVIDUAL THAT MISSES MORE WEIGHINS THAN ALLOTTED IS SUBJECT TO \$5 PENALTY/ MISSED WEIGH-IN**

INITIAL WEIGH-IN TIFTAREA YMCA	TIFTAREA YMCA WEIGH-IN TIME
1/12/17	5:30AM-8:00PM



Weigh-in Protocol: *Your weight is confidential and will remain so throughout the program.*

- There are ABSOLUTELY no makeup time or dates for missed weigh-ins. (if weigh-in is missed your previous weight and measurement will be recorded)
- Give yourself 15-20 minutes to weigh-in.
- Visit the TIFTAREA YMCA on weigh-in dates every Thursday anytime.
- Bring a photo I.D.
- If you want to record your own weight, bring your weigh-in log.
- Weigh-in Dress Code
 - Remove jewelry, belts. Jackets, excessive clothing, and empty pockets before entering weigh-in site.
 - DO NOT disrobe during weigh-ins. Shorts and a T-shirt are recommended.
 - Due to sanitary reasons, no bare feet at weigh-ins. Socks or flip flops are acceptable.
- If you have Lost 10 or more pounds within one week or are showing signs of unhealthy weight loss, you will be flagged in the system and be contacted by Y Staff.
- For every pound gained, Participants must pay an additional \$2 at that weigh-in

STANDINGS, DROP OUTS AND DISQUALIFICATIONS

How will I know my standings?

- Weekly standings will be posted on Y bulletin boards on the Saturday following each weigh-in. Results will also be posted at www.TIFTAREAYmca.org
- Do Not call the Y to find out you or your Team's Standings.
- Please Plan to attend the final awards ceremony for Team Lean on March 21th 2017 at the finale celebration.
- Postings are subject to human error. We appreciate participant's watchful eye in monitoring the results for accuracy.

What if I want to Drop Out?

- **THERE ARE NO REFUNDS for this Program**
- If you stop attending weigh-ins, your last recorded weight will stand and be permanent for the remainder of the challenge.

What if a Team Member drops out?

Team members cannot be replaced.



What else will disqualify me?

- Pregnancy.
- Surgery resulting in significant weight loss 6 months prior to or during the 10 week program.
- Gastric Bypass patients are ineligible until one year post surgery.
- Unhealthy weight loss practices (NO SWEAT SUITS)
- Doctor's recommendation.
- Excessive weight gain
- Disruptive Behavior
- 2 consecutive missed weigh-ins.
- Missing the Initial or Final Weigh-ins

WEEKLY CHALLENGES

You will be given an opportunity to complete a challenge to earn bonus points. Some challenges will require you to post to our [Facebook Page](#) using photo's or videos. If you cannot post to facebook or would rather send an email to richard@tiftareaymca.org you may. You may also complete your challenge at the Tiftarea YMCA if you cannot make use of social media. Everyone that completes these Challenges will be eligible for bonus points. Bonus points will be calculated @ the end of the 10 weeks. NO LATE ENTRIES WILL BE EXCEPTED.

Your Reward for each challenge completed will be a 1lb per challenge completed and .25% off final percentage per challenge completed.

Must Submit with #2017TeamLean

(COPROPRATE, SCHOOLS, AND CHURCH ARE NOT ELIGIBLE TO COMPETE AGAINST OTHER PARTICIPANTS)

Week 2	300 Squats/Participant upload to Facebook(video only) Due January 21, 2017 @ 10PM
Week 3	This Week Record 15000/Person Steps or Walk/Run 6 miles Due January 28, 2017 @ 10PM (Use any App or Pedometer to record these and capture a photo and upload it.
Week 4	300 Sit-Up or Leg Lift/Participant (video only) Due February 4th, 2017
Week 5	Delicious Healthy Treats. Submit a complete recipe and Photo or Video to our Facebook Page of a decadent treat. You must also provide the Nutritional Information in your description. Due February 11th
Week 6	Healthy Valentines Meal. Submit a complete recipe and Photo or Video to Tiftarea YMCA Facebook Page. You must also include a Nutritional Information in



	your Description. Due February 18, 2017
Week 7	Participate in the SweetHeart Run 5k. This is a 5K run and 1 mile run/walk that is held each February. Tifton Fitness & Wellness Center, in conjunction with Sunbelt Runners of Tifton began this event many years ago to increase community awareness about the importance of exercise in the prevention of heart disease. The 20th Annual Sweetheart Run was held Saturday, February 25, 2016 to benefit Hemophilia of Georgia. Please take a photo of your bib and registration form and upload it to facebook or email Richard
WEEK 7 Part 2	<u>Attend Roxie Price Nutritional seminar for additional bonus points. February 21st at 5:30-6:30.</u>
Week 8	300 Pushups/Participant upload to Facebook (video only) Due March 4th



CORPORATE, CHURCH, SCHOOL RULES & FROMAT

Rules (CORPORATE, CHURCH, SCHOOL)

- No sabotaging other teams
- Must have at Least 4 Team Member from your Corporation ,Church, or School
- *Any Participant that competed in TEAM LEAN 2015 and lost 30lbs or more you will be subject to a penalty if you gained back more than half of what you lost. Anyone who meets such criteria will be subject to a penalty; the penalty will be assessed by lbs lost in Team Lean 2015. **EX If you lost 40lbs your weight will not be accredited until you meet your 2015 halfway weight of 20lbs lost.**
- ALL FEES ARE NON REFUNDABLE. NO EXCEPTIONS
- You must attend 1 of the 2 healthy eating seminars sign in sheets will be present. (For each member of a team whom misses the Healthy Eating Seminar .25% will be added to the INDIVIDUAL AND TEAMS Final percentage.)
- If you have Lost 10 or more pounds within one week or are showing signs of unhealthy weight loss, you will be flagged in the system and be contacted by Y Staff.
- Teams will be allotted to miss 1 weigh in per person. EX. A team of 5 will be allotted 5 missed weighins. **NOT 5 PER PERSON. ANY TEAM THAT MISSES MORE WEIGHINS THAN ALLOTED MAY BE DISQUALIFIED.**
- Team Lean Committee has the right to make changes or clarifications to the rules at any time with or without knowledge or consent of participants.

Format:

- **School Competition-** Teams (minimum of 5 on team maximum of 20) compete against other school teams for 1st and 2nd place cash prize.
Church Competition- Teams (minimum of 5 on team) compete against other church teams for a 1st place cash prize.
Corporate Cup- Businesses (minimum of 5 on team) compete against other business teams for Corporate Cup trophy.

Weigh-in Process

- If a Corporation, Church, or School wishes to Participate in weighing in at their prospective facility they must have a 1. Volunteer not competing in Team Lean 2. A certified scale verified by the Tiftarea YMCA.
- IF a Corporation, Church, or School does not wish to have in house weigh-ins or does not qualify for then the Corporation, Church, or School
- Weigh-ins will be conducted every Thursday of the 10 weeks.