



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHAPE UP SLIM DOWN GET FIT



TEAM LEAN 2020
TIFTAREA YMCA
Participant Form



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Welcome to Team Lean 2020!

By becoming a part of Team Lean, you are making an investment in being a new, healthier you. Team Lean has been a huge success and we again would like to congratulate all participants who finished out the 8 weeks in previous years. This Team Lean we expect to have even more weight lost and make everyone healthier and more empowered. A study done by the CDC shows for 2011-2012 "Adults age 20 years and over who are obese exceeds 35%, and adults age 20 years and over who are overweight, including but not limited to obesity is more than 65%." According to the 2013 County Health Rankings, Tift County ranks 104th out of 159 counties in Georgia in healthy behaviors, the current national benchmark for adult obesity is 25 percent. Georgia's rate is 28 percent and Tift County's rate is 33 percent. The 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. Get involved in the free health presentations and event challenges, make friends, learn health tips and enjoy the outdoors as you improve your quality of life that impact your friends and family. If you aren't already a Y member, I am happy to announce that during your team lean journey you will be given access to all the Y has to offer. Enjoy this journey as if you were a member and enjoy all our Y amenities. That means 8 weeks FREE access with your participation in our TEAM LEAN Program. 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 2020!

Richard Shoniker
Fitness Director
TIFTAREA YMCA



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What is Team Lean?

Team Lean is an 8-week community wide healthy weight loss challenge sponsored by the TIFTAREA YMCA.

Team Lean is a proven program to help people sustain a healthy lifestyle. Why does it work? The team concept provides accountability and motivation to work hard and achieve healthy results, for both you and your team. Cash prizes provide an extra incentive to reward the teams and individuals that are the most successful. Participants can decide what exercise and nutrition program works for their health and well-being. The YMCA supports "Team Leaners" through free exercise classes and nutritional education that promote healthy lifestyle changes.

Team Lean participants can enter as an individual or as part of a team. Teams must consist of 1 male and 1 female couple. Every Thursday from January 9th to March 8th participants weigh-in at either the Tift area YMCA. Team Lean participants will have access to health-oriented seminars and functions.

How does Team Lean Benefit me?

As its well-known weight loss through proper nutrition and regular exercise leads to a healthier life. Having a healthier lifestyle comes with more benefits than just getting into those pants or that bathing suit. Those with healthier weight tend to have a decrease in medical expenses. Weight loss also leads to more energy, increased productivity and higher self-esteem in some studies. Team Lean will encourage you to follow healthy practices so that you will have a safe and enjoyable 8 weeks.

Who do I contact if I need more information about Team Lean?

Richard Shoniker
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TIFTAREA YMCA
229-391-9622
Richard@tiftareaymca.org

FORMAT, RULES AND REGULATIONS

Format:

- Individual or Couplet Competition (Couplets will consist of 1 Male and 1 Female)
- Instructor Led Classes (Every Tuesday and Thursday)
- You May Choose to Compete as an Individual or You May Compete as a Couplet.

Rules:

- All participants must be 16 years of age by January 1st 2020
- Any participants between 16 and 18 years of age must have a parental and physician release form signed before January 6th 2020
- No sabotaging other teams.
- You will not be allowed to compete in multiple TEAM LEANS, if you are participating in a TEAM LEAN at one of the surrounding YMCA's we will disqualify you from the TIFTAREA YMCA TEAM LEAN. No exceptions No Refunds.
- 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 that will communicate openly with the Wellness Director.
- Couplets will be allotted to miss 1 weigh in per person.
- Individual registrations may miss up to 2 weigh-ins. ANY INDIVIDUAL THAT MISSES MORE WEIGHINS THAN ALLOTTED IS SUBJECT TO DISQUALIFICATION.

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.

STANDINGS, DROPOUTS 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 2016 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 Dropout?

- 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. (After week 3)

What if a Team Member drops out?

Team members cannot be replaced. If a Team Member drops out prior the 3rd weigh in the team will go without penalty to the remaining team member and he or she will be moved to the individual competition. After week 3, the withdrawn participant's weight will be a permanent and unchanging weight factored into the team's total.

What else might 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
- Participating in multiple Team Leans