

# Illinois Valley Y

## Corporate Fitness Challenge



Do you need more motivation to achieve your New Year's resolution? Beginning February 1, 2012, the YMCA will be offering a corporate fitness challenge open to all local businesses. Each business will form a team; the team members must consist of the corporation's employees, or their spouses, and must also be YMCA members to participate. Each member of the top scoring teams will earn a t-shirt, water bottle and 1 free month of group exercise along with helping reach your New Year's resolution!

There are two separate categories for this challenge and teams are welcome to participate in both challenges. The first category will be a ***WEIGHT LOSS CHALLENGE*** and the winner will be determined by the team that loses the greatest percent of total body weight. Each team member must be 18 years or older and be willing to appear at two scheduled weigh-ins that will determine the before and after weight of each participant. The weight of each team member will be kept private and confidential.

Registration should be completed before the initial weight-in.

- *INITIAL* weigh-in days will be **Monday January 30<sup>th</sup> from 5:30-6:30pm and Tuesday January 31<sup>st</sup> from 6:30-7:30am.**
- The *FINAL* weigh-in that will decide the YMCA corporate fitness Weight Loss Challenge winner will be **Thursday March 1<sup>st</sup> from 5:30 to 6:30pm and Friday March 2<sup>nd</sup> from 6:30-7:30am.**

The second category will be an ***EXERCISE CHALLENGE*** and the winner will be determined according to the team that accumulates the most points. Points will be given for the time each participant works out at the YMCA up to 60 minutes. At the front desk a binder will be provided to clock in your time each day. Additional points can be earned by purchasing a month of group exercise and participating in the following classes during the following weeks:

- **February 5-11, 2012** for each time a member attends **3-2-1 Blast**
- **February 12-18, 2012** for each time a member attends **Gentle Yoga**
- **February 19-25, 2012** for each time a member attends **Spin**

After attending a class, inform the instructor to sign off on the Corporate Fitness Challenge binder to ensure you receive credit for attending the class.

Each team must be comprised of at least 5 members and there is no limit to the number of members per team. Spouses are welcome to join the corporate fitness challenge as well as long as they are also a member of the YMCA.

### **The WINNER of each team will be determined by the following:**

- ***Weight loss challenge***-The top 5 team members that drop the greatest percentage of body weight will determine that particular team's standing in the competition.
- ***Exercise challenge***- The top 5 team members that earn the most points will determine that particular team's standing in the competition.

The winner of the weight loss challenge will not necessarily be the winner of the exercise challenge and vice versa. All participants have an equal opportunity of winning a challenge and all winning team members will receive a t-shirt, water bottle, and 1 free month of group exercise.