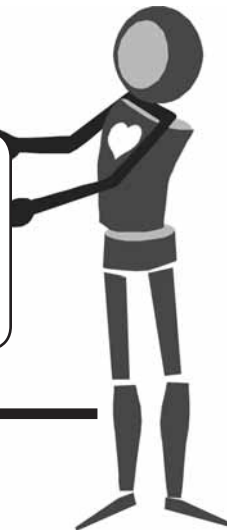


THE RULES

1. Each team consists of 7 (minimum) – 10 (maximum) people, (aged 18 or older).
2. Entry fee of \$15 per person -includes a t-shirt.
3. One Team Captain is designated per team.
4. Teams will be identified by a creative name (developed by each team).
5. Weights and BMIs are measured at the start of the program and at the end by the Team Captain and are confidential.
6. The Team Captain will collect the team data and money to turn in with the registration form. The deadline for registration is August 29. Please contact Marilyn Mahoney at 330-684-2015 for alternative registration instructions.
7. To be eligible for the Grand Prize, each team member must lose at least 5 pounds OR maintain a BMI (body mass index) of 26 or less. Names of teams meeting this criteria will be placed in a random drawing for the Grand Prize.



For more information about the Lose-A-Ton/Win-A-Ton Contest, contact Mary Lynne Zahler (330-684-4790) or Marilyn Mahoney (330-684-2015) or go to www.growinghealthyhabits.com



ABOUT US

Our mission...

"...to serve as the catalyst for improving decisions about fitness, nutrition, & a healthy lifestyle made by individuals, groups, and institutions within the Greater Orrville Community."



Healthy Communities Coalition
Attn: Mary Lynne Zahler
832 South Main St.
Orrville, OH 44667
mzahler@dunlaphospital.org

Registration information can be obtained on our website at www.growinghealthyhabits.com

Or stop by one of the following sites:

- Dunlap Community Hospital
- Dunlap West
- Orrville YMCA
- Dunlap Family Physicians
- Family Practice Center
- Heartland Point
- Orrville Curves
- Orrville Public Library
- Orrville Area Chamber of Commerce



REGISTRATION

LOSE-A-TON/WIN-A-TON CONTEST

AUG 25, 2008 – NOV 21, 2008



Team Name: _____

Team Captain: _____

Address of Team Captain: _____

Phone: _____

E-mail (Required): _____

Team Members: (The Captain is person #1)

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

Corporation represented (if applies): _____

Amount Paid: (\$15 each incl. t-shirt) _____

(Deadline for registration August 29, 2008)

Please make checks payable to Orrville City Schools.

T-shirt sizes (all team members):

S _____ M _____ L _____ XL _____

XXL _____ XXXL _____

Please return this form to Dunlap Family Physicians.

For more information, please visit:

www.growinghealthyhabits.com

Team Captains or a team member may register the team;
the money is due at the time of registration.

THE GOAL

Let's get fit, Orrville and surrounding communities! Obesity & lack of exercise is the second leading active cause of death in the U.S. behind tobacco use. We can do better! The "Growing Healthy Habits" Healthy Community Coalition is sponsoring a community-wide effort to improve health & fitness.

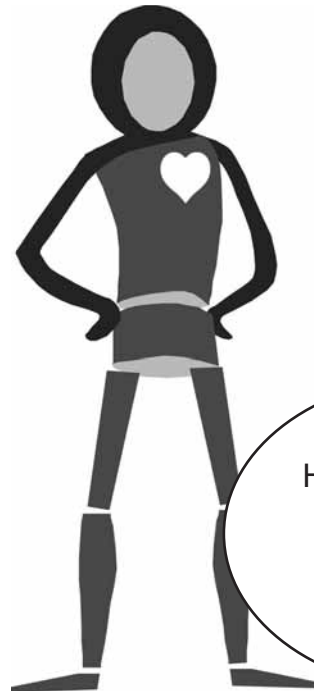
GOALS FOR COMMUNITY:

- >> Collectively lose more than 2,000 pounds of extra weight! Since the inception of this contest, the community has lost more than 5,210 pounds!
- >> See more people walking the loop walk on Thursday evenings. Random drawing at the loop walk each week.

GOALS FOR INDIVIDUALS:

- >> Lose at least 5 pounds OR
- >> have a BMI (body mass index) of 26 or less

Since it is difficult to lose weight individually, we would like community members to form teams of seven to ten individuals. It is the responsibility of the team to make sure that every one of its members meets the above goals at the conclusion of the contest period.



All participants will receive a FREE t-shirt!

Team Captain motivational meetings every other week!



Healthy Thursdays:

Wear your t-shirt and walk the loop with your team!

THE PRIZE

The Lose-A-Ton/Win-A-Ton Contest will run from Aug. 25 through Nov. 21. At the end of the three month period, the results will be tallied. All teams whose members meet their goals will be entered into a drawing for the Grand Prize of TWO THOUSAND DOLLARS!

PRIZES:

- >> Grand Prize of TWO THOUSAND DOLLARS will be awarded to one eligible team by a random drawing.
- >> This is a group effort, and everyone will win better health – which is priceless!
- >> Other incentives & prizes to be announced.

Team Captains!

Team Captains are welcome to bring along other team members with them to these meetings.

Captains Meeting Schedule:

Wednesday, September 3

Wednesday, September 17* (Conference Room)

Wednesday, October 1

Wednesday, October 15

Wednesday, October 29

Wednesday, November 12

12:00 - 1:00 p.m. DCH Community Room

*Sept. 17 is in the DCH Conference Room

