

## THE RULES

1. Each team consists of 5 (minimum) – 15 (max) people (18years 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 Start and End of the program by the Team captain and are confidential.
6. The Team Captain will collect the data and money to turn in with the registration form. Registration Deadline is July 24, 2009. Please contact Marilyn Mahoney at 330.684.2015 for alternate registration instructions if needed.
7. To be eligible for the Grand Prize, each team must lose an average of 5lbs per person or maintain a BMI of 26 or less. Teams that meet the criteria will be put into a random drawing for the Grand Prize.

For more information about the Lose-A-Ton/Win-A-Ton Contest, contact:

Jamie Platz 330.684.4732 or

Marilyn Mahoney 330.684.2015



## 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.”



Registration information can be obtained on our website at

[www.growinghealthyhabits.com](http://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 Public Library
- Orrville Area Chamber of Commerce



# Lose-A-Ton

# Win-A-Ton

## CONTEST

### 2009



# REGISTRATION LOSE-A-TON/WIN-A-TON CONTEST

Aug 6, 2009 – Oct 29, 2009

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Address of Team

Captain: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail (Required): \_\_\_\_\_

Team Members:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

Corporation represented (if applies): \_\_\_\_\_

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

(Deadline for registration July 24, 2009)

Please make checks payable to:

Dunlap Community Hospital

T-shirt sizes (all team members):

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_

XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_

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 communitywide 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 6800 pounds!

\*See more people and families walking the loop walk on Thursday evenings.

### GOALS FOR INDIVIDUALS and TEAMS:

\*Lose an average of 5lbs/person  
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 five to fifteen 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

receive free t-shirts

Healthy  
Thursdays:

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

## THE PRIZE

The Lose-A-Ton/Win-A-Ton Contest will run from Aug. 6 through Oct. 29, 2009. At the end of the 12 week period, the results will be tallied. All teams whose members met their goals will be entered into a drawing for the Grand Prize of TWO THOUSAND DOLLARS!

\*The 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, Aug. 12

Wednesday, Aug. 26

Wednesday, Sept. 9

Wednesday, Sept. 23

Wednesday, Oct. 7 (In Conference Room)

Wednesday, Oct. 21

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

