

The **BIGGEST** ~~Loser~~ **WINNER!**

**Coming March 16th
To The Nimkee Fitness Center**

Compete to become the “Biggest Winner”

**Consistent Weigh-ins, blood pressure
monitoring, cholesterol screenings and
body assessment**

**Get Coached Through
Education Classes
Nutrition
Exercise
Get Motivated**

**Increase Your Activity With
Boot Camp Exercise
Group Exercise
Classes
Personal Training**

Other Program Information:

Assessments and orientation the week of March 16th

Classes and official start of program on March 23rd

\$40 Registration Fee

(this covers the cost of 2 cholesterol screenings at \$15 each at CMCH plus other program expenses)

Sign Up Now at Nimkee Fitness Center or Call 775-4694 for more info

**ISN'T IT TIME FOR YOU TO MAKE A
DIFFERENCE IN YOUR HEALTH?**

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PROGRAM OVERVIEW

Prizes: All individuals who earn 200 or more **points** will win a Biggest Winner t-shirt. Participants that earn 300 points or more will also be placed in a drawing to win larger prizes. Gas cards and spa packages are amongst the larger prizes in the drawing.

Points: These can be earned in numerous ways by completing **assessments**, amount of **exercise** per week, participating in group exercise classes, consistent **weekly weigh-ins**, losing any amount of weight from beginning to end, completing **blood pressure and heart rate readings**, **cholesterol screenings**, attending **educational classes**, attending special events, and other participation opportunities throughout the program. ***An explanation of these point opportunities and the values of each are on the point sheet in your folder.**

Assessments: This will include measuring the girth of your waist, abdomen, glutes, thigh and arm, along with a blood pressure reading, heart rate reading, flexibility test, and your first weigh-in. The first assessment will be scheduled with a Nimkee Staff member during the weeks of March 16th and March 23rd. The final assessment will be scheduled during the week of June 8th. Please wear loose fitting cloths for the assessments.

Weekly Weigh-ins: These will be mandatory each week. However, you will receive **2 passes** in case you will be absent. All weigh-ins will take place in the assessment area of the Nimkee Fitness Center. These weigh-ins may take place at any time of the day. Please record your weight on the sheet provided and have this initialed by a Nimkee Fitness Staff member. Points will be awarded for every 3 weigh-ins and for losing any amount of weight from initial to final assessment. Each weight will be done without shoes.

Exercise: You will earn points for doing cardio exercise or performing strength training each week. You can also earn extra points for participating in group exercise classes. For cardio exercise, you must exercise a minimum of 2 days per week at the N.F.C.; the remainder of the cardio exercise can be done outside the Fitness Center. For strength training, you must consult with a N.F.C. personal trainer or set up an appointment when initially starting and all must be performed in the Fitness Center. See point sheet for more details.

Nutrition: You will earn points by keeping track of your eating habits. The components that you will be scored on are eating 3 meals per day, number of servings of vegetables and number of servings of fruits. 1 serving size of vegetables: ½ cup cooked or 1 cup raw. 1 serving size of fruits: 1 medium whole piece of fruit, ½ cup cut. Vegetable juice, fruit juice, chips, or any other fried or coated foods are items that will not count for your daily intakes.

Blood Pressure and Heart Rate Readings: Apart from your initial and final assessment, you will receive 2 other readings. Each reading will always be done when you've been at a resting state (not after activity). These will take place during the weeks of April 13th and May 11th. These readings may be done through a drop-in appointment if there is a Nimkee Fitness staff member available.

Fasting Cholesterol Screenings: These will be taken at Central Michigan Community Hospital. The costs of these are figured into your registration fee and are done through an account at the hospital with Nimkee Fitness. These must be completed during first two weeks of the program (March 16th and March 23rd). To receive your points, you must bring a copy of the results from the hospital. If you have received a fasting cholesterol screening within the last 3 months, please bring us your results and we will count it towards your first screening points. The second screening must be done during the week of June 8th.

Health, Wellness, and Nutritional Educational Classes: The Nimkee Fitness and Public Health Staff will be hosting these classes on a weekly basis. These will be taking place on Monday's at 12:15 pm and on Tuesdays at 6:15 pm. Points will be given for completing certain activities each week through these classes, such as keeping a food log in a nutritional menu planning class. If you are unable to attend these classes, you will have an option to take a quiz over the information taught in the session. Handouts and quizzes may be picked up at the Fitness Center. You will be given a week to complete the quiz.

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POINTS SHEET

Assessments, Screenings, and Weigh – ins

- Completing initial assessment = 20
- Completing final assessment = 20
- Losing any amount of weight from initial to final assessment = 15
- Completing each blood pressure and heart rate reading = 5
- Each cholesterol screening at CMCH = 15
- For every 3 weekly weigh-ins = 5 points
- Missing weigh-ins after passes are used = - 3 points

Exercise:

- 20 minutes of continuous cardio exercise 3 days in a week = 5 points
- 20 minutes of continuous cardio exercise 5 days in a week = 8 points
- Performing 6 strength training exercises for 2 sets each 2 days in a week = 5 points
- Each group exercise class (2 max per week) = 1 point

Nutrition:

- Eating 3 meals per day for 5 days in a week = 5 points
- Eating 1—2 servings of vegetables each day for 5 days in a week = 3 points
- Eating 3—5 servings of vegetables each day for 5 days in a week = 5 points
- Eating 1—2 servings of fruit each day for 5 days in a week = 3 points
- Eating 3 – 5 servings of fruit each day for 5 days in a week = 5 points

Educational Classes & Participation:

- Attendance at each class = 5
- Passing quiz for the class if unable to attend = 5
- Completing weekly assignments/activities (TBA) = 3

Activities & Events:

- Participating in 3 activities at Employee & Community Health & Fitness Day = 15 points
- Committing to finishing the 1 mile or 5K at the 18th Annual Human Race = 15 points

*Approximately 600 points possible

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NUTRITION LOG

	3 Meals	1-2 serving of Vegetables	3-5 servings of Vegetables	1-2 servings of Fruit	3-5 servings of Fruit
Mon 3/23					
Tue 3/24					
Wed 3/25					
Thu 3/26					
Fri 3/27					
Sat 3/28					
Sun 3/29					
Week 1 Points					
Mon 3/30					
Tue 3/31					
Wed 4/1					
Thu 4/2					
Fri 4/3					
Sat 4/4					
Sun 4/5					
Week 2 Points					

	3 Meals	1-2 serving of Vegetables	3-5 servings of Vegetables	1-2 servings of Fruit	3- 5 servings of Fruit
Mon 4/6					
Tue 4/7					
Wed 4/8					
Thu 4/9					
Fri 4/10					
Sat 4/11					
Sun 4/12					
Week 3 Points					
Mon 4/13					
Tue 4/14					
Wed 4/15					
Thu 4/16					
Fri 4/17					
Sat 4/18					
Sun 4/19					
Week 4 Points					

3 meals per day for 5 days in a week = 2 points 1 serving vegetables each day for 5 days in a week = 2 points 2 servings of vegetables each day for 5 days in a week = 3 points
 2 servings of fruit each day for days in a week = 2 points 3 - 5 servings of fruit each day for day in a week = 3 points

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NUTRITION LOG

	3 Meals	1-2 serving of Vegetables	3-5 servings of Vegetables	1-2 servings of Fruit	3- 5 servings of Fruit
Mon 4/20					
Tue 4/21					
Wed 4/22					
Thu 4/23					
Fri 4/24					
Sat 4/25					
Sun 4/26					
Week 5 Points					
Mon 4/27					
Tue 4/28					
Wed 4/29					
Thu 4/30					
Fri 5/1					
Sat 5/2					
Sun 5/3					
Week 6 Points					

	3 Meals	1-2 serving of Vegetables	3-5 servings of Vegetables	1-2 servings of Fruit	3- 5 servings of Fruit
Mon 5/4					
Tue 5/5					
Wed 5/6					
Thu 5/7					
Fri 5/8					
Sat 5/9					
Sun 5/10					
Week 7 Points					
Mon 5/11					
Tue 5/12					
Wed 5/13					
Thu 5/14					
Fri 5/15					
Sat 5/16					
Sun 5/17					
Week 8 Points					

3 meals per day for 5 days in a week = 2 points 1 serving vegetables each day for 5 days in a week = 2 points 2 servings of vegetables each day for 5 days in a week = 3 points
 2 servings of fruit each day for days in a week = 2 points 3 - 5 servings of fruit each day for day in a week = 3 points

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NUTRITION LOG

	3 Meals	1-2 serving of Vegetables	3-5 servings of Vegetables	1-2 servings of Fruit	3- 5 servings of Fruit
Mon 5/18					
Tue 5/19					
Wed 5/20					
Thu 5/21					
Fri 5/22					
Sat 5/23					
Sun 5/24					
Week 9 Points					
Mon 5/25					
Tue 5/26					
Wed 5/27					
Thu 5/28					
Fri 5/29					
Sat 5/30					
Sun 5/31					
Week 10 Points					

	3 Meals	1-2 serving of Vegetables	3-5 servings of Vegetables	1-2 servings of Fruit	3- 5 servings of Fruit
Mon 6/1					
Tue 6/2					
Wed 6/3					
Thu 6/4					
Fri 6/5					
Sat 6/6					
Sun 6/7					
Week 11 Points					
Mon 6/8					
Tue 6/9					
Wed 6/10					
Thu 6/11					
Fri 6/12					
Program Ends					
Week 12 Points					

3 meals per day for 5 days in a week = 2 points 1 serving vegetables each day for 5 days in a week = 2 points 2 servings of vegetables each day for 5 days in a week = 3 points
 2 servings of fruit each day for days in a week = 2 points 3 - 5 servings of fruit each day for day in a week = 3 points

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EXERCISE LOG

Dates	Brief Description of Exercise	20 Minutes Cardio	20 Minutes S.T.	Group Exercise
Mon 3/23				
Tue 3/24				
Wed 3/25				
Thu 3/26				
Fri 3/27				
Sat/Sun 3/28-29				
Week 1 Points	→			
Mon 3/30				
Tue 3/31				
Wed 4/1				
Thu 4/2				
Fri 4/3				
Sat/Sun 4/4-5				
Week 2 Points	→			
Mon 4/6				
Tue 4/7				
Wed 4/8				
Thu 4/9				
Fri 4/10				
Sat/Sun 4/11-12				
Week 3 Points	→			
Mon 4/13				
Tue 4/14				
Wed 4/15				
Thu 4/16				
Fri 4/17				
Sat/Sun 4/18-19				
Week 4 Points	→			

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Dates	Brief Description of Exercise	20 Minutes Cardio	20 Minutes S.T.	Group Exercise
Mon 4/20				
Tue 4/21				
Wed 4/22				
Thu 4/23				
Fri 4/24				
Sat/Sun 4/25-26				
Week 5 Points	→			
Mon 4/27				
Tue 4/28				
Wed 4/29				
Thu 4/30				
Fri 5/1				
Sat/Sun 5/2-3				
Week 6 Points	→			
Mon 5/4				
Tue 5/5				
Wed 5/6				
Thu 5/7				
Fri 5/8				
Sat/Sun 5/9-10				
Week 7 Points	→			
Mon 5/11				
Tue 5/12				
Wed 5/13				
Thu 5/14				
Fri 5/15				
Sat/Sun 5/16-17				
Week 8 Points	→			

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EXERCISE LOG

Dates	Brief Description of Exercise	20 Minutes Cardio	20 Minutes S.T.	Group Exercise
Mon 5/18				
Tue 5/19				
Wed 5/20				
Thu 5/21				
Fri 5/22				
Sat/Sun 5/23-24				
Week 9 Points	→			
Mon 5/25				
Tue 5/26				
Wed 5/27				
Thu 5/28				
Fri 5/29				
Sat/Sun 5/30-31				
Week 10 Points	→			
Mon 6/1				
Tue 6/2				
Wed 6/3				
Thu 6/4				
Fri 6/5				
Sat/Sun 6/6-7				
Week 11 Points	→			
Mon 6/8				
Tue 6/9				
Wed 6/10				
Thu 6/11				
Fri 6/12				
Program Ends				
Week 12 Points	→			