



HOW DO YOU MEASURE A YEAR?

In weight loss? In miles? In cups of pre-workout?
How about making the most of those 525,600 minutes this year...
join Maryville Parks & Recreation!

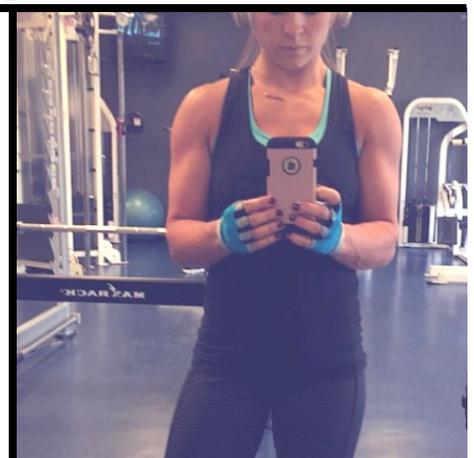
2017

NEW YEARS CHALLENGE

Registration: November 16th-December 21st
\$40/participant

\$65/participant if register after December 21st

Only TWO mandatory weigh-ins and your own personal fitness captain! Kick off your 525,600 minutes right!
10 week membership included in registration fee



What is the New Year's Challenge?

The New Year's Challenge is a 10 week competition (January 2nd-March 15th) designed to encourage and motivate participants as they work towards health and fitness goals. Participants register as individuals and will be placed in a group under a fitness captain. Fitness captains are highly motivated Community Center staff that will guide your group to success!

Fitness captains will be in charge of groups of 25 people (roughly), and the groups will compete against other groups by tracking activity points. Every week each participant will electronically submit or physically give their fitness captain their weekly activity points. Points are due to your fitness captain by noon each Monday, no expectations. Point sheets are tracked Monday-Sunday. Group points will then be collected and a running total will be tracked on the wall across from the fitness classroom.

Weight loss does count but only at the end. For every 1% of body weight lost, you will receive 25 points. Since mandatory weigh-ins are only the first and last weigh ins, your body weight percentage points will be calculated and added at the end. The group with the highest amount of points will be the winners. There will also be prizes for the New Years Challenge overall top male and top female.

This year, we want to motivate people to get healthy and active, not just by losing weight. We will offer a variety of opportunities for nutrition, motivation, fitness, and health information throughout these 10 weeks. We'll hand out a monthly calendar with dates and times for these activities, as well as email you information. Email will be the primary form of communication.

2017 Information

Registration: November 16th-December 21st

Challenge Begins: Monday, January 2nd

MCC Membership: This year, a **10 week membership is included in your registration fee** (January 2nd-March 13th). If you are already a member, your membership will be extended 10 weeks. Memberships can not be used at later dates or transferred between individuals. Your membership includes full use of the facility, including fitness classes and child watch.

Mandatory Weigh-ins: There will only be two *mandatory* weigh ins, the first week (January 2nd-4th) and the last week (March 13-14th). These weigh ins are "official" and you must wear appropriate attire; shorts, tights, t-shirts, tank tops, no shoes, no sweatshirts, no jeans, no coats and no sweatpants. Clothing must be lightly fitted and not baggy. Pockets must be emptied.

Must attend one of the official kick off weigh in times: 6 times are offered

⇒ MONDAY, JANUARY 2ND 9AM-11AM or 3:00PM-5:00PM

⇒ TUESDAY, JANUARY 3RD 7:00AM-9:00AM, 11:30AM-1:30PM, or 5:00PM-7:00PM

⇒ Wednesday, January 4th 11:30AM-1:30PM

If you absolutely can't attend one of these mandatory weigh-ins, you'll need to make a special appointment with Kaley Coulter, kaleycoulter@maryvilleparks.org for an official weigh-in.

Weekly Weigh-ins: Weekly weigh-ins will be offered but are not mandatory. Every week on Tuesday evenings from 5PM-7PM. The front desk can weigh you for weekly weigh-ins but not mandatory weigh-ins.

Cost: \$40 per person

Late fee of \$65 after December 21st

Prizes: Will be awarded to the top group and the overall top male and top female point earners/weight shedders

Points: Will be tracked from Monday-Sunday and must be turned into your fitness captain by noon on Monday. This is a hard deadline, points turned in after this will not be counted. Weekly point sheets will be emailed out and can be picked up at the MCC front desk or printed out from your home printer. You can also keep track of points electronically.

New Years Challenge Participant

Please Print

Name: _____ Phone: _____

E-Mail: _____

Shirt Size (circle one): Small Medium Large XLarge 2XLarge 3XLarge

Activity level (check one):

- 1. Sedentary—no activity or walk 1-2 times a week
- 2. Lightly Active— work out 2-3 times/week
- 3. Active— work out 4-5 times/week
- 4. Extremely Active—5+ times or multiple workouts/day

You will be placed in a large group under a fitness captain, do you have any teammate requests?

1. _____ 2. _____ 3. _____

I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damage or loss which I/the minor, may sustain as a result of participating in the program. I do hereby fully release and discharge the Maryville Parks & Recreation Department and its employees and volunteers from any and all claims from injuries, including death, damage or loss which may accrue to me on account of my participation in the program. I further to agree to indemnify and hold harmless and defend the Maryville Parks & Recreation Department and it's employees and volunteers from any and all claims resulting from injuries, including death, damages and losses sustained by me/minor and arising out of connected with, or any way associated with the activities of the program. I have read and fully understand the above program details and Waiver and Release of All Claims.

Signature

Date