

2018 New Years Challenge!

DO IT FOR THE HEALTH OF IT!

Nutrition Facts

Serving Size: One Pair,
Two Participants

Servings Per Challenge: 2 Months

Nutrition	1,000 mg
Exercise	750 mg
Motivation	400 mg
Dedication	350 mg

Health and Wellness

Results 100%



Registration: November 15th-December 22nd
\$40/participant

\$55/participant if register after December 22nd

SIGN UP WITH A PARTNER
THREE MANDATORY WEIGH-INS!

2 month membership included in registration fee
Membership runs January 7th-March 8th

Maryville Community Center
1407 N. Country Club Rd
maryville.org/mps



For more information,
please contact Kaley Coulter at
660-562-2923

WHAT IS THE NEW YEAR'S CHALLENGE?

The New Year's Challenge is an 8 week competition (January 7th-March 7th) designed to encourage and motivate participants as they work towards health and fitness goals. Participants register as teams of two. If you don't have a partner, you can register as an individual and be randomly placed with a partner.

Partners will compete against other teams of two by tracking activity points. Earn points by attending special speakers, events, programs, tracking your exercise, and losing weight! Every week, partners will submit their team's points electronically or hand in a hard copy at the front desk. Points are due by noon each Monday, no exceptions. Point sheets are tracked Monday-Sunday. Points will then be collected and a running total will be tracked.

Weight loss does count but only at the middle weigh in and ending mandatory weigh ins. For every 1% of body weight lost, you will receive 25 points. After the middle weigh in your body weight percentage points will be calculated and added for that week. After the ending weigh in, your body weight percentage points will be calculated and added at the end total. The teams with the highest amount of points will be the winners.

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 8 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.

2018 INFORMATION

Registration: November 15th-December 22nd

Challenge Begins: Sunday, January 7th

MCC Membership: This year, a **2 month membership is included in your registration fee** (January 7th-March 7th). If you are already a member, your membership will be extended 2 months. 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 be three *mandatory* weigh ins, the first week (January 7th-9th) and the last week (March 5th-7th). 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: FIVE Times are available

- ⇒ SUNDAY, January 7th 2:30-5:30pm
- ⇒ MONDAY, January 8th, 7am-10am, 3pm-6pm
- ⇒ TUESDAY, January 9th 11am-1pm, 5pm-7pm

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.

Cost: \$40 per person. Late fee of \$55 after December 22nd

Prizes: Will be awarded to the top teams.

Points: Will be tracked from Monday-Sunday and must be turned in 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 legibly (or we'll be calling you if we can't read it)

Name: _____

Phone: _____

E-Mail: _____

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

You will be on a team of two. Who is your partner? _____

_____ I'm signing up as an individual and need to be placed with a partner.

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