



# WIRT COUNTY Fitness Challenge

presented by the  
Wirt County Schools Wellness Center

## **Don't let the holiday weight gain slow you down!**

Start the New Year on the right foot with regular exercise and eating a healthy diet! The Wirt County Schools Wellness Center invites you to kick-off 2019 with the Wirt County Fitness Challenge!

### **WHO CAN PARTICIPATE?**

- All Wirt County Citizens
- Anyone employed in Wirt County

### **HOW DO I REGISTER?**

- Please call 304-275-3117 in advance to reserve a spot for registration.
- Submit completed registration form and \$15 registration fee to the Wellness Center.
- Complete initial weigh-in between January 2-4, 2019, at the Wellness Center.

### **IMPORTANT DATES:**

- Deadline to sign up will be **December 28, 2018**
- Competition will run from **January 1 to March 8, 2019**

### **REGISTRATION INCLUDES:**

- Optional weekly weigh-ins and monthly measurements, including waist circumference, blood pressure, heart rate.
- Free reusable water bottle.
- Access to private Facebook Group for weekly updates, motivation, diet and exercise regimens and tips.
- You will be entered to win the jackpot. (Jackpot will be based on the number of participants)
  - 1st Place Loser will win 50% of the jackpot
  - 2nd Place Loser will win 30% of the jackpot
  - 3rd Place Loser will win 20% of the jackpot

### **For questions or more information, please contact:**

Jennifer Huffman, C-FNP  
Wirt County Schools Wellness Center  
304-275-3117



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## **Wirt County Fitness Challenge Rules:**

1. All participants must weigh in sometime between January 2-4, 2019. If you are unable to weigh in during those times you will be ineligible to participate in the contest.
2. Weigh-in will take place at the Wirt County Wellness Center located near the Middle School.
3. Weekly weigh-in and measurements will be available throughout the duration of the contest for those who wish to monitor their progress but is not required.
4. The initial weigh in will include a weight that will be used for the competition. However, if the participants choose, he or she may have their height, blood pressure, heart rate, and body measurements taken as well. Only the weight will be used to determine the winner, but the other measurements may be used as assessment tools to determine overall health and progress that is made throughout your journey.
5. The winner will be the person with the greatest % of weight loss during the competition.
6. The winner will receive 50% of the entry fees. Second place will receive 30% and third place will receive 20%.
7. Participants are NOT permitted to use weight loss medications (prescription or over the counter) during the program.
8. The goal of the program is to motivate individuals to participate in a healthier lifestyle.



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## REGISTRATION & DATA FORM

Bring this form and registration fee to the Wellness Center for weigh-in between January 2-4, 2018. Please call 304-275-3117 in advance to reserve a spot for registration.

Name:

Gender:

Date of Birth:

Email:

Goals:

**For questions or more information, please contact:**

Jennifer Huffman C-FNP  
Wirt County Schools Wellness Center  
304-275-3117

### For Clinic Use Only:

Weigh In (January 2-4)		Weigh Out (by March 8th)	
BMI		BMI	
Heart Rate		Heart Rate	
Blood Pressure		Blood Pressure	