



COUNTYWIDE FITNESS CHALLENGE 2012

COUNTYWIDE BIGGEST LOSER



MAY 21 – JULY 16, 2012 CAMPAIGN



**“COUNTYWIDE BIGGEST LOSER”
MAY 21 – JULY 13, 2012 CAMPAIGN**

Initial Weigh-In	Mid-Point Weigh-In	Ending Weigh-Out
Week of May 21-25, 2012	Week of June 18-22, 2012	Week of July 16-20, 2012

CONTEST RULES

- Enter departmental Teams no later than May 21, 2012.
 - Form teams of at least 1 and no more than 15 members.
- Choose a Team Captain.
- Decide which team member will bring in a scale to be used throughout the “Biggest Loser.”
 - Must be same scale and same weigh location for each weigh-in.
 - Teams may decide internally to weigh-in more often to encourage on-going weight loss, but a beginning, mid-point, and ending weight must be recorded.
- Although all “Biggest Loser” contestants initially commit to the entire ten weeks:
 - In the event a Team Member drops out during the first part of the contest, their original weigh-in weight will be entered as their mid-point and final weight.
 - If they drop out during the second half (weight was recorded at mid-point), the mid-point weight will be used as their final weight.

TEAM CAPTAIN ROLE

- The Team Captain must have access to the internet to enter weigh-in information onto the “Biggest Loser” Reporting Site.
- The Team Captain will:
 - Perform initial, mid-point, and ending weigh-ins for team members.
 - Use the same scale and location every week to ensure accuracy.
 - Utilize the Weight Loss Tracking Template to log weigh-ins.
 - Tracking Template features the option to record weekly weigh-ins if desired. However, only three weigh-ins are required.
 - Report **TOTAL** team weight on the “Biggest Loser” reporting website on:
 - Weeks of May 21, June 18, and July 16, 2012.
 - Individual member weight need not be reported.



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WELLNESS MANAGER ROLE

- Spread the word and create excitement!
- Encourage employees to form teams and designate a Team Captain.
- Provide support – nutritional guidance and handouts, group access to DHR’s Webinars, and centralized internet access for employees who do not have a computer.
- Chronicle your team’s struggles and successes on your departmental website or in your newsletter. Use testimonials!

DHR SUPPORT

- Maintain database of “Biggest Loser” contestants.
- Weekly Live WebEx Webinars will be held every Thursday from 12pm – 12:45pm for the duration of the campaign. A variety of topics will be featured to assist with weight loss goals. Sessions will be recorded and available for viewing one week.
- Communication collateral – Handouts and emails blasts will be provided to keep participants motivated.

REPORTS

- DHR will generate the following reports:
 - Departments participating – one or two weeks after the initial weigh-in
 - Number of teams in each department – one or two weeks after the initial weigh-in
 - Total weight by department – one or two weeks after the initial weigh-in
 - Percentage of weight lost or gained by department - one or two weeks after the last day of the final weigh-out date

END OF CAMPAIGN PRIZES

- The top three winning departments will be recognized at the end of the “Countywide Fitness Challenge” campaign at a Wellness Managers’ meeting, and the traveling trophy will be presented to the first place winner.
- The County-sponsored medical plans will provide each member in the winning team from each department with a Subway gift card.



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NOTE TO PARTICIPANTS

Do not participate if you're pregnant or if weight loss is not appropriate for you. Always contact your doctor before starting any weight loss program. Even if some weight loss is appropriate for you, please do not engage in excessive weight loss.

BIGGEST LOSER WEIGH-INS

There will be three scheduled weigh-ins with 5-6 simple questions. Team Captains will access the online "Biggest Loser" Reporting Site and enter the following information.

Weigh-In during the week of May 21, 2012:

Go to link: www.surveymonkey.com/s/BiggestLoserStart

1. Department Name
 - a. Select your department's name from the drop down
2. Team Captain information
 - a. Enter name, email, address, contact phone number
3. Team Name
 - a. Enter the name selected for your team, e.g., Lose & Win, Gut Busters
4. Number of team members
 - a. Select number from the drop down, maximum 15
5. Total team weight as of initial weigh-in
 - a. The total number of pounds your team weighs. Refer to your Tracking Template

Mid-Point Weigh-In week of June 18, 2012:

Go to link: www.surveymonkey.com/s/BiggestLoserMidPoint

1. Department Name
 - a. Select your department's name from the drop down
2. Team Captain information
 - a. Enter name, email, address, contact phone number
3. Team Name
 - a. Enter the **exact same team name** you selected on May 21, 2012
4. Number of team members
 - a. Select number from the drop down
 - b. Enter the same number of members that you started with.
 - i. If one of your team members has dropped from the campaign, include the same number of members you started with
5. Total team weight as of week of June 18, 2012
 - a. Enter the Total team weight reflected on your Tracking Template



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- b. If one of your team members has dropped from the campaign, include the same weight that he/she had on initial weigh-in

Weigh-Out week of July 16, 2012:

Go to link: www.surveymonkey.com/s/BiggestLoserFinal

1. Department Name
 - a. Select your department's name from the drop down
2. Team Captain information
 - a. Enter name, email, address, contact phone number
3. Team Name
 - a. Enter the **exact same team name** you selected on May 21, 2012
4. Number of team members
 - a. Select number from the drop down
 - b. Enter the same number of members that you started with
 - i. If one of your team members has dropped from the campaign, include the same number of members you started with
5. Total team weight as of week of July 16, 2012
 - a. Enter the Total team weight reflected on your Tracking Template
 - b. If one of your team members has dropped from the campaign, enter the weight that he/she had during his/her last recorded weight
6. Total team weight loss percentage
 - a. Enter the final percentage loss reflected on your Tracking Template



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LIVE WEBEX WEBINAR SCHEDULE*

Every Thursday, 12:00pm – 12:45pm

Week 1, May 24	Set your Health Goal	Guide on how to set a realistic health goal
Week 2, May 31	Nutrition Basics	Overview of healthy eating guidelines
Week 3, June 7	Control Cravings and Portion	Eat well tips to food cravings and appropriate food portion
Week 4, June 14	Food Labels Made Easy	Simple tips to make sense out of a standard food label
Week 5, June 21	Weight-loss Basics	Guide on energy balance, calorie intake, and BMI
Week 6, June 28	Keep the Weight Of	Effective strategies to stick with a healthy weight-loss plan
Week 7, July 5	Fitness Basics	Overview of fitness guidelines, safety, and health benefits
Week 8, July 12	Move More at Work	How-to-guide to perform exercises at the workstation

*Sessions will be recorded and available for viewing one week.