



# Lighten Up & Get Fit Challenge

## Program Rules

- 1) Teams will be comprised of four employees from the same employer, no mixed teams.
- 2) Employer is MCLA, Mountain One, Northern Berkshire Healthcare ("NBH") or Williams College ("Williams").
- 3) Team competition will occur among employers, as well as among in-house teams of each employer.
- 4) A registration fee of \$10.00 per person will be collected at the Initial Registration.
- 5) Payment can be made via cash or check.
- 6) If paying by check, Williams employees should make their checks out to Williams College. NBH employees should make their checks out to REACH. Other employers will announce their arrangements for payment by check.
- 7) **The goals of the Lighten Up & Get Fit Challenge ("The Challenge") are:**
  - for team members to engage in aerobic activity at least 5 days each week, for 30-60 minutes each time.
  - for team members to eat at least 5-8 servings of fruits/vegetables each day
- 8) The Challenge will last 10 weeks beginning February 24, 2008 and ending May 3, 2008.
- 9) Initial Registration will occur the week of February 11, 2008. Employers will post a schedule of registration dates/times and locations in late January.
- 10) All team members must attend the Initial Registration and Final Check-in to weigh in, even if they have no weight loss goal.
- 11) Team members who wish to submit a weight loss goal are encouraged to follow healthy weight loss guidelines of 1/2—2 pounds per week, or, no more than 20 pounds during the Challenge.
- 12) Team members will use the Challenge Tracker and will input their own data **weekly** onto the Challenge website, **starting on February 24, 2008.**
- 13) The Final Check-in will take place the week of May 5, 2008. Dates, times and locations will be announced in April.
- 14) The employer with the highest **average** points per team earned for exercising, eating fruits/veggies, BMI, and for attending Lunch N Learn classes will win the Lighten Up & Get Fit Challenge trophy.
- 15) Prizes will be awarded to the top three in-house teams with the highest total **combined** points earned for exercising, eating fruits/veggies, BMI, and for attending Lunch N Learn classes.