



NEW YEAR'S WELLNESS CHALLENGE

Reframe Your New Year's Resolutions in 2018
Challenge runs January 2nd – February 13th

Along with singing "Auld Lang Syne" at the start of the New Year, making resolutions is a tradition for millions of Americans. However, while choosing a resolution can be easy, sticking to it can be next to impossible!! This year, the Miami County YMCA is encouraging community members to give their New Year's resolutions a boost by creating smaller, more manageable goals that can lead to success of a larger one.

During this challenge, each week you will complete a weekly log sheet that will get turned into the Health Wellness Directors – Heather Sever (Piqua Branch) or Kaci Gessaman (Robinson Branch). The log sheet will keep track of points earned for physical activity, healthy eating, drinking water and bonus healthy activities. Weekly emails will keep you motivated throughout the challenge. Make your goals a reality as you track your activity and nutrition each week. Prizes include:

Prizes:

- * Earn 350 points and win a YMCA water bottle
- * Earn 750 points and win a YMCA T-shirt
- **Earn the most points at the end of the Challenge and win a YMCA gym bag full of wellness goodies (including a coupon for a free session of classes or a personal training session) to help with your new and healthy lifestyle. Grand prize will be awarded to one person at each branch.

Cost: \$15 for Health Center Members, \$20 for Members and \$30 for Non-Members.

Registration Form:

2018 Wellness Challenge

First Name _____ Last Name _____

YMCA Branch _____

E-mail _____

T-shirt size (please circle) S M L XL XXL

(Please return the lower portion of this page to the courtesy desk upon registration.)

For more information contact: Heather Sever- Piqua Branch at 773-9622 or h.sever@miamicountyymca.net or Kaci Gessaman- Robinson Branch at 440-9622 or k.gessaman@miamicountyymca.net

New Year's 2018-Wellness Challenge Point Explanations **Challenge runs January 2nd – February. 13th**

Use the following guidelines when tracking points for the Wellness Challenge.

1. **Exercise-** There are two ways to earn points:
 - A. 10 minutes of exercise – includes any of the cardio equipment located in the Fitness Center, walking, jogging, cycling, swimming, playing a sport or land/water exercise class or video (includes strength & yoga classes) = 1 Point
 - OR-**
 - B. Pedometer: 1,000 Steps = 1 Point
2. **Eat Healthy-** Eating healthy can be hard. "Strive for 5" servings of fruits and vegetables each day.
 - Eat at least 3 servings per day and earn 1 point
 - Eat 4 servings per day and earn 3 points
 - Eat 5 or more servings per day and earn 6 point
3. **Drinking 8- 8oz. glasses of water-** Water is so good for you, and everyone should be drinking water all day long.
 - Drink at least 4 cups (8 oz. each) per day and earn 1 point
 - Drink between 5–7 cups (8 oz. each) per day and earn 3 points
 - Drink 8 cups (8 oz. each) or more per day and earn 6 points
4. **Bonus points-** 5 points just for turning log sheet into Heather Sever's or Kaci Gessaman's mailbox each week.

Free Fitness Center Orientation- Schedule and complete a Fitness Center Orientation free to all members. This will be worth 25 points and can only be submitted one time. By appointment only & have fitness center staff sign bonus point section of log sheet once completed. This is for members only.

Sign up for and participate in a YMCA land or water fitness class- Find a class that's right for you and earn 25points. Attach copy of receipt to log sheet.

Schedule a Body Composition with a YMCA personal trainer – Schedule a beginning body comp. during the first week of the challenge and earn 25points. Beginning body comp. needs to be completed by January 10th. Repeat body comp. at the end of the challenge and earn 25 points for every % lost. This is FREE to anyone registered for the Challenge (member or nonmember) Contact Heather Sever (Piqua Branch) or Kaci Gessaman (Robinson Branch) to schedule an appointment.

Participate in free blood pressure screening in lobby – Earn 15 points and have nurse sign your log sheet. This can be turned in each week.

Complete a "BONUS" workout session – "BONUS" workout sessions will be emailed out to you throughout the challenge. Complete these workouts to earn an extra 15 points.

Post your workout on Facebook or other social media – Earn 5 points by checking in to YMCA on Facebook and post something about your workout. Mark date on log sheet in bonus area.

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