

THE RULES

1. Each team consists of 7 (minimum) to 10 (maximum) people, ages 18 or older.
2. Entry fee of \$20 per person - includes a t-shirt.
3. One team captain is designated per team.
4. Teams will be identified by a creative name developed by each team.
5. Weights and BMIs are measured by the team captain at the start and end of the program and are kept confidential.
6. The team captain will collect the team data and money to turn in with the registration form. The deadline for registration is Dec. 22, 2017. Please contact Loretta Raff at loretta.raff@aultman.com or 330-684-4789 for alternative registration instructions.
7. To be eligible for the grand prize, each team member must lose at least five pounds OR maintain a BMI (body mass index) of 26 or less. Teams meeting this criteria will be placed in a random drawing for the grand prize.

For more information about the Lose-A-Ton contest, contact:

Loretta Raff at loretta.raff@aultman.com or go to www.growinghealthyhabits.com

ABOUT US

Our mission:

"To serve as the catalyst for improving decisions about fitness, nutrition and healthy lifestyle made by individuals, groups and institutions within the greater Orrville community."

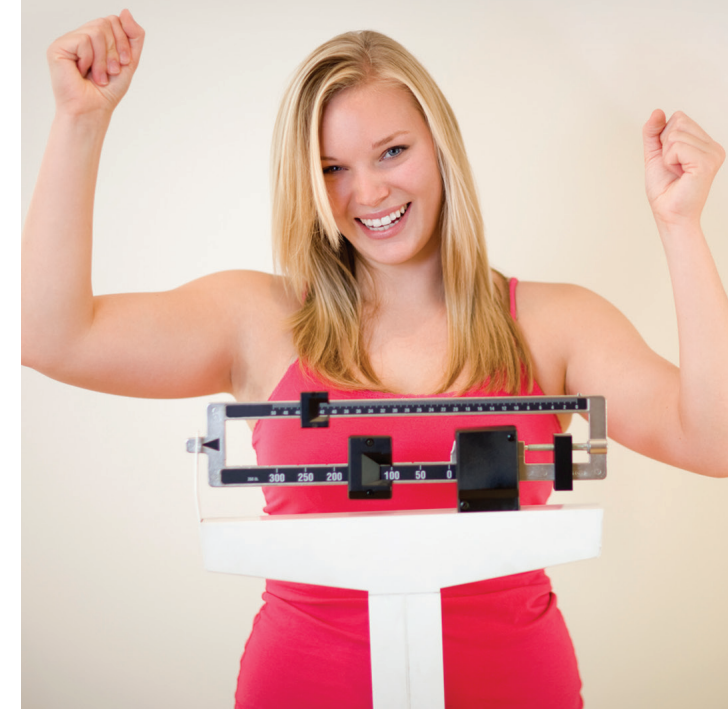
SPONSORS

The 2018 Lose-A-Ton/Win-A-Ton committee is seeking sponsors to cover the costs of program operations. To learn more about sponsoring this healthy cause, visit www.growinghealthyhabits.com.



LOSE-A-TON
.....
WIN-A-TON

CONTEST **2018**



REGISTRATION

LOSE-A-TON/WIN-A-TON CONTEST

Team Name: _____

Team Captain: _____

Team Captain Address: _____

Phone: _____

E-mail (required): _____

Team Members (captain is person #1):

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

8: _____

9: _____

10: _____

Corporation Represented (if applies): _____

Amount Paid: (\$20 each - includes t-shirt): _____

Deadline for registration - Dec. 22, 2017

Please make checks payable to:
Aultman Orrville Hospital

Mail to:
Aultman Orrville Hospital
Attn: Loretta Raff
832 S. Main Street, Orrville, OH 44667

T-shirt Sizes: (include all team members)

S____ M____ L____ XL____ XXL____ XXXL____

Please return this form with all necessary information.

For more information, please visit:
www.growinghealthyhabits.com

Team captains or a team member may register the team; the money is due at the time of registration.

THE GOAL

Join the Lose-A-Ton/Win-A-Ton contest to get fit, Orrville and surrounding communities! Obesity is the second leading active cause of death in the U.S., behind tobacco use. We can do better! "Growing Healthy Habits" is sponsoring a community-wide effort to improve health and fitness.

GOALS FOR COMMUNITY:

- Collectively lose more than 2,000 pounds of extra weight. Our community has lost over 5,000 pounds in previous weight loss challenges.
- Team members are eligible for weekly prize drawings.

GOALS FOR INDIVIDUALS:

- Lose at least five pounds OR
- Have a BMI (body mass index) of 26 or less

Since it is difficult to lose weight individually, we encourage community members to form teams of 7 to 10 individuals. It is the responsibility of the team to make sure that every one of its members meets the above goals at the conclusion of the contest period.



Discounts and benefits available at local fitness centers!

All participants will receive a t-shirt!

Motivational meetings every other week!

THE PRIZE

The Lose-A-Ton/Win-A-Ton contest will run from Jan. 2, 2018 through March 31, 2018. At the end of the three-month period, the results will be tallied. All teams whose members meet their goals will be entered into a drawing for the grand prize of \$2,000!

PRIZES:

- Grand prize of \$2,000 will be awarded to one eligible team by a random drawing.
- Other incentives and prizes will be announced throughout the contest.
- This is a team effort and everyone will win better health - which is priceless!

TEAM CAPTAIN!

Team captains, or a team representative are **REQUIRED** to attend the team meetings listed below. All meetings are free and open to the community.

JAN. 10

JAN. 24

FEB. 7

FEB. 21

MARCH 7

MARCH 21

Noon-1 p.m. in Aultman Orrville Hospital's Community Room.

Please feel free to bring your lunch or obtain your lunch at the Aultman Orrville Hospital's cafeteria and attend the meeting.