

BENEFITS OF TEAM LEAN

- Barrow Regional Medical Center will offer free blood screenings to measure cholesterol profile starting (January 20) and ending (April 7) of the competition for those interested.
- Free blood pressure, heart rate and body fat measurements will be done at the beginning and ending of the competition to access complete goals
- The YMCA of Georgia's Piedmont will waive half the initial joiners fee for each Team Lean participant who wants to join January 1-31, 2011.
- FREE Nutrition and Wellness classes and activities will be offered to all participants, including spin, Zumba, yoga, water aerobics.
- Weekly support emails will be sent to all participants with exercise and nutrition tips and facts.
- Free wellness screening with BRMC/YMCA nurse. Please make appointment at the YMCA front desk.

How Do I Enter?

Form a team of 3 people or enter as an individual.

Choose a unique team name.

Go online to www.gapiedmontymca.org and register each team individual online (full payment due at time of registration)

OR

Fill out the registration form and bring to the YMCA between Dec. 16, 2010 and Jan. 20, 2011 (full payment due at first weigh in)

Show up at the first weigh-in at the Brad Akins Branch on January 20, 2011 from 6-9am, 12-2pm, or 5-7pm.

** blood work will be available between 6-9am only. This option requires you to not eat 6 hours before.

** 1st weigh-in is mandatory. Please bring payment with you. Plan on initial weigh-in and assessment lasting 30 minutes.

REGISTRATION FORM

(PLEASE PRINT LEGIBLY!!)

Name: _____

SSN – Last 4 Digits: _____

Date of Birth: _____

E-mail: _____@_____

Address (Mailing): _____

City _____ ZIP _____

Phone #: (day) _____
(evening) _____

Physician: _____

Category: Individual _____
Team _____

T-Shirt size (circle) S M L XL 2XL

Team Name: _____

Please indicate method of payment

(Checks made payable to: YMCA)

_____ Payment of \$60 included

I understand all rules as stated in this flier and agree to adhere by the policies and procedures of the YMCA of Georgia's Piedmont and Barrow Regional Medical Center. I agree to hold harmless these entities and understand that I assume all responsibility for my health while participating in Team Lean.

Under 18 years requires legal guardian signature.

Participant/Parent Signature:

Date: _____

Child's Name: _____

Child must turn 13 by Thursday, January 20, 2011.

Fax to: 770-868-2949 mail: 50 Brad Akins Dr, Winder 30680



**2011
TEAM LEAN
Reloaded:
We're Back!**

Sponsored by:
YMCA of Georgia's Piedmont &
Barrow Regional Medical Center



**Win up to \$500
CASH PER PER-
SON!**

Register online at
www.gapiedmontymca.org
770-868-2917
info@gapiedmontymca.org

Basic Information

Team Lean 2011 is a 12-week weight management competition sponsored by Barrow Regional Medical Center and the YMCA of Georgia's Piedmont.

Program Dates:

Thursday, January 20 -
Thursday, April 7, 2011

Registration Fee:

\$60 per person

Format:

Teams of 3 or individual entry. You will not be placed on a team if entered as an individual.

Prizes:

CASH PRIZES for top teams and individuals (all cash collected is given back to participants in form of prizes. Weight loss is calculated by total % of weight lost - not actual pounds)

Team support and motivation to lose those extra pounds

T-shirts for all participants at final weigh-in



GENERAL GUIDELINES

Payment of \$60 due at first weigh in

- Weigh-ins every Thursday, 6am-7pm at the Brad Akins YMCA. Weigh-ins are mandatory for all team members.
- Every pound gained each week participants must pay \$1.00.
- Every weigh in missed participants must pay \$5.00.

There will be no refund if you quit.

All weights are held confidential. (Not even shared with team members)

- Team effort motivates participants to stay focused on losing weight through diet and exercise.
- Cash prizes motivate participants to remain competitive throughout the 12-week program.
- Participants choose their own diet and exercise program. Please consult with your physician or healthcare provider before starting any weight loss and/or exercise program.



PROGRAM RULES

- All participants must be at least 13 years of age by January 20, 2011. Participants between ages 13 and 17 must have parental and physician release form signed.
- No make up times or dates for weigh-ins missed.
- Everyone must weigh-in weekly. A \$5 penalty will be added for each missed weigh-in.
- Participants may only weigh in once per week at one facility only.
- Only participants will be weighed. (No family members or friends)
- Shoes, belts, jackets, jewelry, and excessive clothing must be removed before entering initial weigh station. T-shirts and shorts are recommended for the initial and final weigh-in.
- Healthy eating and healthy exercise is strongly encouraged.
- Drastic weight loss from excessive dieting and exercise is discouraged.
- No sabotaging other teams.
- Team members can not be voted off by their team. Teams must finish the competition with all 3 team members completing the required weigh-ins to qualify for the final team cash prizes. (all participants qualify for the individual prizes)
- The Team Lean Committee has the right to make changes or clarifications to the rules at any time.

You will be disqualified for the following:

- Miss 3 consecutive weigh-ins.
- Miss 4 total weigh-ins during the competition.
- Miss last weigh-in, unless prior approval from the Team Lean Committee is given.
- Pregnancy
- Surgery resulting in significant weight loss
- Adding hidden weight on initial weigh-in. (example-pennies in bras, weights in pockets)
- Unhealthy weight loss practices