



# THE SEASON FOR CHANGE

## FALL INTO FITNESS 2017 WELLNESS CHALLENGE

Fall is right around the corner and the change in seasons is also a great time to change up your fitness routine. Join the Milwaukee Y for our six-week *Fall Into Fitness* Wellness Challenge, it's sure to help you gain muscle, lose weight, and feel great in time for the holidays.

### HOW IT WORKS:

Grab some friends, family members or coworkers, to make up a team of 4-6 people. Teams will work towards increasing lean muscle mass and decreasing body fat, by working out as a team, logging daily Y-Fit exercise minutes and participating in the "Program of the Week" which includes a different group of workouts and exercises every week. All participants will receive 2 FREE InBody 230 body composition tests for initial and final weigh-ins (a \$20 value), as well as a FREE team t-shirt.

Participants may choose to enter the recreational or competitive category. Prizes will be awarded to the competitive category team with the highest average cumulative points per person. A grand prize will be awarded to the **individual** with the highest percentage of improvement in body composition.

### REGISTRATION DATES:

August 25 - September 24

### CHALLENGE DATES:

September 25 - November 5

### COMPETITIVE REGISTRATION FEES:

**Early Bird:** August 25 - September 10 Y Member - \$20; Community Participant - \$85;

**Open Registration:** September 11 - 24 Y Member - \$25; Community Participant - \$90;

### RECREATIONAL REGISTRATION FEES:

**Early Bird:** August 25 - September 10 Y Member - \$15; Community Participant - \$80;

**Open Registration:** September 11 - 24 Y Member - \$20; Community Participant - \$85;

A \$5 late fee will be added to all registrations made on or after September 25

### FOR MORE INFORMATION:

For more information, please refer to the rules and regulations on the back of this flier or contact Carley Hoelzel, Fitness Director at 414-274-0807 or choelzel@ymcamke.org.

### **RULES & REGULATIONS:**

- Open to all YMCA Wellness Center members. (Ages 10+ with youth orientation).
- Teams must consist of 4-6. Participants may join staff led teams. One staff per team.
- Inbody weigh-ins for the competitive category must be completed with a fitness staff member prior to the challenge start dates.
- Daily fitness points and bonus points will be awarded for completing workouts.
- Each week will highlight a different "Program of the Week" offered at the Y.
- Each participant can earn a total of 4 Y-Fit Points per day and 30 bonus points per week for a maximum total of 60 points per week.
- Workouts can be completed indoors or outdoors.
- Half points will NOT be awarded. You must exercise for the full 30 minute increment for points to qualify.
- Team members can log their exercise minutes and points under their team's point tracking tab in a binder located in the Wellness Center. Team points will be tallied every Monday by 5pm and then posted on a leader board for each category also located in the Wellness Center.

### **DAILY Y-FIT POINTS:**

A maximum of 4 points per day can be earned by:

- **1 Y-Fit Point** for every 30 minute workout
- **2 Y-Fit Points** for every 60 minute workout

### **BONUS POINTS:**

- + **1 Bonus point** for attending any Y group exercise class (two per day maximum)
- + **1 Bonus point** for working out with a team member (two per day maximum)
- + **1 Bonus point** for completing the Program of the Week
- + **2 Bonus point** for earning 35 points at the end of each week

### **WEIGH-IN DATES:**

**Weigh-In:** September 18-24

**Weigh-Out:** November 6-12

### **TEAM CATEGORY & PRIZE INFORMATION:**

- If you currently or would like to make a goal of exercising 1-3 times/week and you are looking for accountability from a team, is it recommended to join the **recreational category**.
- If you currently or would like make a goal of exercising 4-7 times/week and enjoy healthy, tough competition it is recommended that you join the **competitive category**.
- Prizes will be awarded to the **competitive** category only.
- All teams receive a team t-shirt.
- The top competitive team of each YMCA location with the highest average cumulative points per person will receive a prize.
- A grand prize will be awarded to the top individual with the highest change in total body composition (increase in lean muscle mass and decrease in body fat).
- For more questions on the categories please see a member of the Wellness Staff.

### **RAFFLE:**

If you have a body composition change of 5% or more at the end of 6 weeks, you will be entered into an additional raffle!

**\*\*\* You have 30 days from the last day of the program, to pick up your t-shirt.**