

WHAT'S NEW in HEALTHIER YOU 2012?

NEW CHALLENGES

This year, to be eligible for the Grand Prize drawings, Healthier You participants must earn a minimum of 100 points. We have faith that 2012's Healthier You participants will easily be able to earn the 100 points necessary to qualify. With new opportunities to get active and earn bonus points, we feel confident that everyone will have a shot at 2012's grand prize!

NEW SYSTEM FOR SMOKING CESSATION

Healthier You's tobacco cessation initiative is now in a league of its own! No longer will smokers convert days they didn't smoke into points and add those to their point totals towards the Grand Prize drawings. Instead, smoking cessation has its own contest and its own Smoke Free prize! In Healthier You 2012's new smoking cessation system, smokers will track days they didn't smoke, titled: Smoke Free Days, on their weekly log and personal tracking sheets. Smoke Free Days are defined as days in which the participant did not use any form of tobacco product. Smoke Free Days can be earned by both daily and occasional tobacco users. Daily tobacco users (defined as those who smoke or use tobacco products every day) can log a Smoke Free Day every day they go a full 24 hours without using a tobacco product. Occasional tobacco users (defined as those who smoke or use tobacco products frequently but not 7 days a week) can log a Smoke Free Day every day (24 hours) that they reached for a tobacco product, but decided against using it. For both daily and frequent tobacco users, Smoke Free days should reflect regular tobacco usage. All Smoke Free Days are recorded on the honor system and we ask that participants do not abuse this contest, but instead use it as an opportunity to improve their health. At the end of the competition, participant's Smoke Free days will be tallied. Any participant who earned at least one Smoke Free Day during the Healthier You competition will earn a ticket for the Smoke Free Prize raffle. Participants can earn additional tickets each time they earned: 10 or more Smoke Free days, 20 or more Smoke Free days, 30 or more Smoke Free days, 40 or more Smoke Free days and 50 or more Smoke Free days. The more Smoke Free Days a participant logs the more chances they have to win!

NEW WAYS TO TRACK YOUR PROGRESS

Also new in 2012, Healthier You unveils a new way to track your progress throughout the competition. Now Healthier You participants can know exactly where they stand and how close they are to winning recognition prizes! In 2012, Healthier You will be posting bi weekly results on a leader board at the PWSCC Wellness Center. These results will be posted during weeks 2,4,6,8 and 10. The results will list the leading teams, the top 5 individual weight loss leaders, the top 5 individual activity points leaders and the leading Smoke Free Day contestants. No sensitive information such as participants' weight or weight loss will be displayed. Leader board results will be calculated with data gathered during the recommended check ins from the preceding week. For exact dates see the schedule below:

WEEK	CHECK IN	RESULTS ON LEADER BOARD
Week 1	Jan 24-26	Jan 31
Week 3	Feb 7-9	Feb 14
Week 5	Feb 21-23	Feb 28
Week 7	March 6-8	March 13
Week 9	March 20-22	March 27
Week 11	April 3-5	April 10

Recommended check ins are not mandatory, but participants who do not check in may not be accurately represented on the Leader Board.

NEW BONUS POINTS AND HEALTHIER YOU SPONSORED ACTIVITIES

This year, Healthier You's Sponsored Activities offer MORE! More variety! More consistency! And more points! From new workouts, outdoor adventures and educational opportunities, Healthier You Sponsored Activities have it all! In 2012, we have also made it easy to remember when Healthier You Sponsored Activities will be taking place by scheduling all Sponsored Activities on Saturdays from 11am-12pm. For a list of upcoming Healthier You Sponsored Activities, participants can visit the SWAN website at www.swanalaska.org or see their copy of the Healthier You Weekly E-newsletter. By attending a sponsored activity, participants will receive 4 bonus points. All Sponsored Activities whether workouts, educational opportunities or biometric screening will be worth 4 bonus points. These points can be logged in participants' weekly and personal logs. Also new in 2012, Healthier You will be offering TWO opportunities for biometric screening. The first biometric screening opportunity will occur at the beginning of the competition during late registration from January 24-26 and the final opportunities will take place near the end of the competition from April 10-12. Attending both biometric screening opportunities will give participants a valuable measure of their health and fitness progress as well as a total of 8 bonus points! For more information about Healthier You Sponsored activities, participants can contact Parks and Rec Activities Coordinator, Ashley Ney-Vollmer at aneyvollmer@ci.valdez.ak.us.