

{HEALTHIER YOU}

WELCOME TO THE HEALTHIER YOU 2012 OFFICIAL RULES

Registration - How to sign up for Healthier You 2012

- All participants must be 18 years of age or older.
- Everyone must register as an individual.
- Registration opens at 6pm at the Civic Center on January 21, 2012.
- Late registration will be Tuesday, Wednesday and Thursday January 24 - 26 from 10am – 6pm at the PWSCC Wellness Center.
- Registrations after Jan 26th will be at the Civic Center. Starting weight for registrations will be recorded at the participant's first Check-In. All participants must be registered before March 14, 2012.

Teams -Up to 10 participants can join together to form a team. Each team must have a team captain responsible for being a point of contact and for declaring team member names.

Participants wishing to be part of a team need to declare team membership within 14 days of registering as an individual with Healthier You (either creating a new team or joining an existing team).

How do you earn points?

Activity

Individuals will earn 1 activity point for every 20 minutes of physical exercise.

Cumulative points are allowed, so if you take a 1 hour spinning class, you would earn 3 points. These points are recorded on the honor system. This should be **continuous** activity that raises your heart rate.

Examples of activities:

Walking at a brisk rate, Zumba, sports, running, snowshoeing, skiing, lap swim, cycling, weight lifting if maintaining raised heart rate (quick circuit training), dance, etc.

Examples of activities that don't count for points:

Hanging out in a pool where you aren't maintaining activity, Wii

bowling from the comfort of your couch, etc. Questions if something should count or about the points? Send an e-mail to aneyvollmer@ci.valdez.ak.us and we'll let you know!

Weight Loss

Participants will earn 5 points for every pound they lose between registration and their final check-in. Weight loss will be recorded at each check-in, but points will be awarded after the final check-in (to avoid adjustments due to weight fluctuation). Weekly check-ins will help determine individual and team progress.

Smoke Free Days

Quitting smoking can drastically improve your health and Healthier You would like to help you break the habit! Each day you stop your tobacco use you could bring you closer to winning our Smoke Free Prize! **Please Note:** Healthier You smoke free days *only* count towards the drawing for the Smoking Cessation Prize, they cannot be counted with activity, weight loss and educational points towards other Healthier You Prize Drawings. Both Daily and Occasional users of Tobacco can accumulate Smoke Free days:

For daily tobacco users (those who smoke, use chew etc , every day) you can log a Smoke Free day each day you go the full 24 hours without using tobacco products.

For occasional tobacco users (those who smoke or use tobacco products frequently but not 7 days a week) you can log a Smoke Free Day each day (24 hours) that you reached for a tobacco product but decided against using it.

For both daily and occasional tobacco users *Smoke Free Days earned should reflect regular tobacco usage*. All points are recorded on the honor system. Please do not abuse this opportunity but instead use this contest as a way to improve your health. Keep track of your Smoke Free days on the weekly log sheet you submit at your check in and on your personal tracking sheet. At the Healthier You 2012 Finale all those who earned at least one Smoke Free day will be entered into the Smoke Free Prize Raffle. Participants will receive an additional raffle ticket for earning each of the following quantities: 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 you earn the more chances you have to win and the Healthier you will be!

Sponsored Activity Bonus Points

Approved Healthier You Sponsored activities will be listed on the Healthier You website at www.swanalaska.org. The sponsored activities will also be listed weekly in the weekly e-newsletter. By attending a sponsored activity participants receive 4 bonus points. Participants will add 4 total points to their Weekly Log total for each sponsored activity they attend, not 4 points plus activity points for the sponsored event.

Biometric screening provided by SWAN will earn you 4 activity points. This can only be earned TWICE during Healthier You 2012. Biometric screening sign up will be available at the kickoff for January 24-26 during late registration at the Wellness Center. Additional SWAN Biometric screening opportunities will be offered near the close of Healthier You on April 10-12. Sign up for a biometric screening appointment in April at the Wellness Center starting March 27.

If you have an activity that you think should be a Healthier You approved activity, please contact Ashley Ney-Vollmer at aneyvollmer@ci.valdez.ak.us

Suggested activities should

- be free and open to the public

- promote healthy lifestyle through an activity or education
- not be primarily an advertisement for goods or services

Healthier You Committee has final say on approval of activities

Check-Ins

- Weekly Check-Ins will be Tuesdays, Wednesdays and Thursdays from 5:30am to 8:00pm at the PWSCC Wellness Center. We recommend for your personal tracking that you try to check-in the same day and time each week, but this is not required. Wellness Center membership is NOT required for Healthier You participant check-in, but Wellness Center equipment and classes are for Wellness Center members only.
- What to expect at a Check In: Tear the appropriate, completed Weekly Log form from your HY Booklet and turn it in to the Wellness Center Attendant. You will be weighed and your weight will be recorded on the Weekly log, but weight loss points will not be awarded until the end of Healthier You 2012. It is also recommended that you record your weight on your Personal Tracking sheet in the back of your HY Booklet. In order to assess team and individual progress, weight loss will be tallied for participants at the end of the 1st week, (January 26th), 3rd week (February 9th), the 5th week (February 23rd), the 7th week (March 8th), the 9th week (March 22nd) and the 11th week (April 5th).
 - Point tallies & weight loss will only be recorded at check-ins. **Final check-in MUST be done prior to April 12th at 8pm.** No points (including un-submitted points from past weeks) will be accepted after April 12th.
 - Each week that you check-in, you will be entered in to a weekly prize drawing. You will not be eliminated from the program if you miss check-ins.

The Healthier You Wellness Center Leader Board

- In order to help Participants keep track of their progress in the Healthier You competition a leader board will be displayed at the PWSCC Wellness Center displaying the names of the leading teams and individuals. No personal information such as weight or lbs lost will be displayed.
- The Wellness Center Leader Board will display the following information:
 - Team Rankings. All teams will be listed from highest to lowest by total points.
 - Individual Weight Loss Top 5 Leaders. The 5 individual Healthier You participants with the most weight loss points will be ranked from highest to lowest.
 - Individual Activity Points Top 5 Leaders. The 5 individual Healthier You participants with the most Activity Points will be ranked from highest to lowest.
 - Individual Smoke Free Days Rankings. All individuals participating in the Healthier You Smoke Free Days competition will be posted on the Wellness Center Leader Board from highest to lowest by total number of smoke free days.

WEEK	CHECK IN	RESULTS ON LEADER BOARD
Week 1	Jan 24-26	Jan 31
Week 3	Feb 7-9	Feb 14th
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

- How will the Leader Board rankings be calculated?

The Wellness Center Leader Board will be calculated based on the data gathered during recommended check ins from the preceding week. Thus:

Using the Wellness Center Leader board can help participants track their progress against their competitors and see how close they are to earning top prizes.

Weekly e-Newsletter

- The e-newsletter will be sent to participants in Healthier You 2012 unless otherwise indicated.

The Healthier You Weekly E-Newsletter will include: upcoming Healthier You Sponsored activities, prize winners, healthy recipes and more!

HEALTHIER YOU PRIZES AND PRIZE CATEGORIES

Prizes – To be awarded on April 14, 2012

Prizes will be announced at the Healthier You Finale on April 14 at the Teen Center and on the SWAN website one week after the Healthier You Finale (April 21)

Recognition Prizes

Recognition prizes will be given to top performers:

Top 3 teams – *total number of points*

Top 3 individuals - *weight loss in pounds*

Top 3 individuals - *weight loss in percentage of body weight*

Top 3 individuals – *total number of activity points*

Grand Prize Drawings

Participants earning a minimum of 100 points will be entered in the Grand Prize Drawings:

The Grand Prize Drawing will be for \$1,000.00

Please note: Grand Prize winners will have to fill out a W9 for tax purposes.

2nd Chance Prize in the Grand Prize Drawing will be a bike valued at approximately \$500

Other Prize Drawings Will Include:

Smoke Free Prize-All smokers who earn at least one smoke Free day will be entered into the Smoke Free prize raffle. Additional tickets can be earned by accumulating 10, 20, 30, 40 and 50 Smoke Free Days

Super Achiever Total Points Prize-Healthier You Participants who achieve over 200 total points will be entered into the Super Achiever Total Points Prize. Participants will receive an additional ticket for every 100 points over 200 they earn.

Over 25 Under 100 Prize-Healthier You Participants who do not achieve the 100 points necessary to be entered into the Grand Prize Drawing can still win with the Over 25 Under 100 prize. Each Healthier You participant who achieves 25-99 points will have their name entered into the Over 25 Under 100 prize raffle.

Present At Finale Raffle-A special raffle will also be held at the Finale for all attendees.

Rules for Special Circumstances:

Medically Induced Weight Loss

Participation in Healthier You for those who have undergone surgery or procedures for medically induced weight loss will be evaluated by Healthier You officials on a case by case basis. Individuals in the process of medically induced weight loss who would like to participate in Healthier You should check for approval prior to registering. All inquires can be directed to Ashley Ney-Vollmer at aneyvollmer@ci.valdez.ak.us.

Pregnancy

We encourage women who are pregnant to participate in Healthier You. Pregnant women can earn activity points during the entire Healthier You competition. A starting weight and weight loss points will be recorded starting two weeks after they give birth.

If you have any questions regarding the Healthier You 2012 Official Rules please contact Parks and Rec Activities Coordinator Ashley Ney-Vollmer at 835- 5033 or by email at aneyvollmer@ci.valdez.ak.us

The Valdez Department of Parks, Recreation and Cultural Services would like to thank the Sound Wellness Alliance Network, the PWSCC Wellness Center, the Valdez Providence Medical Center and the United States Coast Guard for partnering with us in Healthier You 2012!