



BE FIT For Fun!

A fun wellness campaign for Sandusky County

Frequently Asked Questions

What is “Be Fit For Fun?”

“Be Fit For Fun!” is a 10-week personal health challenge extended to all residents and those who work in Sandusky County.

How does it work?

This is a team-based program. Teams of five members (ages 18 and older) compete to lose the highest percentage of body weight in one of three categories: Women’s, Men’s and Co-Ed. Everyone is encouraged to form a team that includes friends, family, neighbors, co-workers, and/or fellow church and club members. Participants will weigh-in during the first week of the program. At the end of the 10-week competition, the team with the highest percentage of total body weight lost wins some unbelievable prizes. Cost: \$30 per team for the entire 10-week program (That’s \$6 per person-the cost of a one-day guest day pass per team member!)

Throughout the 10-week program, weekly educational programs will be presented on a variety of health topics – from tips on healthy cooking, fitness, and stress reduction. Participants must send at least one member of their team to each of the weekly 30-minute educational events to remain eligible for the competition. A complete list of educational session topics and times will be announced in late May and will be listed at www.FremontOhioYMCA.org.

At the end of the 10-week program, teams will return for an official weigh-in and prizes will be awarded to the teams that have lost the largest percentage of weight during the program.

In order to remain eligible for the competition and enjoy free YMCA usage for the entire 10-week period:

- Teams must register
- Each team member must attend initial weigh-in (members do not need to weigh-in at the same time).
- At least one team member must attend each of the eight weekly educational programs.
- Team members must attend final weigh-in.

➔ **IN ADDITION, PARTICIPANTS MUST PRESENT A PHOTO ID AND THEIR BFFF PARTICIPATION CARD TO GAIN ENTRANCE TO THE YMCA.**

Who can participate?

Teams of five Sandusky County residents who are 18 years or older can participate in the “competition”.

➔ **THE YMCA WILL NOT ACCEPT INDIVIDUAL REGISTRATIONS, AND IS NOT ABLE TO PUT TOGETHER TEAMS FROM INDIVIDUALS.**

YMCA members and non-members are eligible. The registration fee is the same.

When does it begin?

Right now! The most important part is to get your team together and registered. Rally your family, friends, co-worker, neighbors, club members, church group ... be creative! Registration deadline is Friday, June 12, 2009.

Page 1 of 2

For more information on the BE FIT For Fun! Program, phone the YMCA at 419-332-9622 or visit www.FremontOhioYMCA.org
YMCA 1000 North St., Fremont OH 43420 FAX 419-332-5973





BE FIT For Fun!

A fun wellness campaign for Sandusky County

How do I begin?

The challenge officially begins at weigh-ins during the week of June 15, 2009 and ends with weigh-ins during the week of Aug 17th. Just a few simple steps:

1. Get your team together – groups of five (ages 18 and older) who will compete to lose the most percentage of body weight (in pounds) in three categories: Women's, Men's, and Co-Ed.
2. Register your team. (forms are available at YMCA of Sandusky County or may be downloaded on-line at www.FremontOhioYMCA.org) Registration deadline is June 12, 2009. Registration cost is \$30 per team.

Have your team members officially weigh-in during the week of June 15, 2009 at scheduled times at the YMCA of Sandusky County.

(Please see schedule listed below.) **NO "BY APPOINTMENT" WEIGH-IN TIMES ARE AVAILABLE.**

3. Let the fun begin! Work together with your team members to encourage each other, learn, get involved, hold each other accountable and WIN!
4. Remember to send as many as can attend (but a minimum of one) team member to each of the educational sessions.
5. Final weigh-in is the week of August 17 for all remaining participants. Dates and times to be announced.

Weigh-in Dates:

Monday, June 15 11am-2pm; 3-5pm	Tuesday, June 16 6:30-8:15am; 11am-2pm; 6-8:30pm	Wednesday, June 17 11am-2pm; 3-5pm	Thursday, June 18 6:30-8:15am; 6-8:30pm	Saturday, June 20 Noon-4pm
---------------------------------------	---	--	---	-------------------------------

➔ **NO "BY APPOINTMENT" WEIGH-IN TIMES ARE AVAILABLE.**

How much does this cost?

This program is subsidized to a large extent by generous donations from several area businesses and organizations. Therefore, we are able to offer this program at a registration cost of just \$30 per team. (That's \$6 per person - the cost of a one-day YMCA guest day pass per team member!)

YMCA usage and Fitness Class rate special

As an extra incentive during the 2009 Be Fit For Fun program, each participant receives FREE use of the Sandusky County YMCA during scheduled times for the 10-week program as long as his/her team remains eligible. A "Be Fit For Fun" registration card and a photo ID is required for admission to the YMCA.

- "Be Fit For Fun" participants have full use of the YMCA facility during the following times:
MORNINGS: Monday through Friday 6:30-8:00 am
MID-DAYS: Monday through Friday 11 am-2:15 pm
EVENINGS: Tuesday through Friday 7-9 pm
SATURDAYS: noon-2:00 pm
SUNDAYS: noon-2:00 pm
- "Be Fit For Fun" participants can sign up for YMCA fitness classes at the reduced member rate for the summer session June 29-August 15! (Must show "Be Fit For Fun" registration card and photo ID to receive this discount).
- "Be Fit For Fun" participants may utilize the supervised play room for children ages 6 weeks to 10 years old at the regular non-member rates. The play room is available during BFFF times Mon-Fri 11 am-noon and Tue-Thu evenings 6-8 pm.

How will this program help me to lose weight?

In addition to the incentive of some "healthy competition" provided by the program, there will be much to learn and absorb that can help you achieve a healthier life. Throughout the 10-week program, weekly 30-minute educational programs will be presented on a variety of health topics. All educational sessions will be held on Tuesdays each week at noon and again at 6:00 pm, unless otherwise designated. The 2009 sessions are: June 23, June 30, July 7, July 14, July 21, July 28, August 4, and August 10. Mark your calendar! Topics and speakers will be available on our web site.

Page 2 of 2

For more information on the BE FIT For Fun! Program, phone the YMCA at 419-332-9622 or visit www.FremontOhioYMCA.org
YMCA 1000 North St., Fremont OH 43420 FAX 419-332-5973

