



Don't wait.



- Get your team together
- Register your team
Forms available at YMCA front desk or online at FremontOhioYMCA.org
Deadline is noon 6/12/09
- Officially weigh in during the week of June 15, 2009
- Let the fun begin!

Weigh-in Opportunities:

*Location: Sandusky County YMCA
1000 North Street, Fremont, OH*

Monday, June 15

11am-2:15pm; 3-5pm

Tuesday, June 16

6:30-8:15am; 11am-2:15pm; 6-8:30pm

Wednesday, June 17

11am-2:15pm; 3-5pm

Thursday, June 18

6:30-8:15am; 6-8:30pm

Saturday, June 20

12pm-4pm

A special thanks goes to our sponsors-this is a Community project

⇒ **Memorial Health Care System**
*For information on sponsorship opportunities/ benefits contact Jana@FrYMCA.org
419-332-9622 x21*

⇒ **YOUR NAME HERE!** ←



It is recommended that you consult with your physician before starting any exercise or weight loss program.

For more information on the "BE FIT For Fun!" program, please contact the Sandusky County YMCA at 419-332-9622 or visit www.FremontOhioYMCA.org



Rev 6/4/2008

BE FIT For Fun!

A fun wellness campaign for Sandusky County



- Commit to a new challenge
- Learn from area health experts
- Compete for great prizes
- Celebrate your success and better health

June 15-August 22, 2009



WHAT IS "BE FIT FOR FUN!" ?

"BE FIT For Fun!" is a ten-week personal health challenge extended to all residents and those who work in Sandusky County.

Achieving and maintaining a healthy body weight can provide countless benefits. Most times, this is easier said than done. Studies show that when people work with others to lose weight, their success rates are much higher. This program promotes "healthy competition".

HOW MUCH DOES THIS COST?

\$30 per 5 person team. **That's only \$6 per person!** This program is being offered to residents of Sandusky County because the YMCA feels so strongly that healthy individuals are a key component of our mission to "Put Christian principles into practice through programs and partnerships that promote healthy spirit, mind, and body for all". Generous donations from area businesses and organizations concerned with our community's health have been essential for this program to be offered at a minimal cost.

As an extra incentive during the 2009 BE FIT For Fun program, each participant receives FREE use of the Sandusky County YMCA in Fremont during the 10-week program. (A "BE FIT For Fun!" program card is required for admission during **specified facility usage hou.rs.**)

HOW DOES IT WORK?

Beginning

- ⇒ **Form a Team** Participants form teams of 5 people who compete to lose the highest percentage of body weight in three categories: Women's, Men's, and Co-Ed. At the end of the 10-week competition, the team with the highest percentage of total weight lost wins some great prizes.
- ⇒ **Register** Forms are available at the YMCA front desk or you can print them online at FremontOhioYMCA.org.
- ⇒ **Weigh In** Each team member officially weighs in during the week of June 15.

Middle

- ⇒ **Exercise** Team members can exercise wherever they wish-however, as an incentive for this program, each participant receives FREE full-facility use of the YMCA in Fremont during the following program hours: Mon-Fri 6:30-8:00 am and 11 am-2:15 pm; Tue-Fri 7:00-9:00 pm and Sat-Sun 12pm-2pm.
- ⇒ **Keep on Track** with a non-mandatory weigh in 1/2 way through at the YMCA.
- ⇒ **Learn** Throughout the competition, weekly educational programs will be presented on a variety of health topics. Participants must send at least one member of their team to one of the weekly education events to remain eligible for the competition.

End

- ⇒ **Weigh In** Final weigh in occurs during the week of August 17, 2009.
- ⇒ **Celebrate** Your new healthy habits!

WHO CAN PARTICIPATE?

Sandusky County residents who are 18 years or older can participate in the team "competition".

WHEN DOES IT BEGIN?

Right now! The most important part is to get your team together and registered. Rally your family, friends, co-workers, neighbors, club members, church group...be creative!

WHAT CAN I WIN?

ALL participants can win better health, but there are other great prizes:

1st Place Team: TBA
(each member)

2nd Place Team: TBA
(each member)

WHO IS PUTTING TOGETHER THE "BE FIT FOR FUN!" PROGRAM?

The idea for the program began with a group of volunteers who wanted to organize a fun competition for residents of our community that revolves around losing weight, feeling healthier, learning about healthy choices, etc. The effort has several area sponsors, and your organization could be one as well! (*See the back of this flyer for more sponsor information*). It is time for Sandusky County to "BE FIT For Fun!"