



*Eat Less, Move More*

**November 6 – December 18**

Family, Friends, & Co-workers are encouraged to join

[www.gethealthytexas.net](http://www.gethealthytexas.net)

# Maintain Don't Gain

Meetings are Tuesdays at 6 pm – November 6 – December 18.  
First United Methodist Church in the Chapel

Challenge is for 18 years and older. A physician should supervise any weight management program for children.

*\*\*You do not have to be in the challenge to attend these meetings\*\**

*More than 39,500 pounds have been lost in the community since the GET HEALTHY CHALLENGE began in September 2003.*

## VISION

- Provide community residents the tools to be healthy role models
- Focus: Eat less; move more
- Keep the process simple
- Increase public awareness
- Success breeds success

Any questions for Janet Charlesworth, please email her at [janet.charlesworth@triadhospitals.com](mailto:janet.charlesworth@triadhospitals.com) or call her at 947-2582

# Get Healthy Challenge RULES

## Maintain Don't Gain

**Mission:** To spread public awareness in San Angelo about losing weight and becoming a healthier community.

**What:** A free **6-week** team weight-loss contest to see how much, on average, each team can lose. **You are encouraged to form a team of 2-8 individuals.**

**Who:** Anyone who has a Body Mass Index of 25 or more - see chart on next page

**Reporting:** The team captain must have the report turned in by 10 a.m. each **TUESDAY** by one of the following:

- Phone 947-6611
- Fax 947-6788
- Email [Sherian.briley@triadhospitals.com](mailto:Sherian.briley@triadhospitals.com)

**Other information:**

- Each participating individual will fill out an entry form and get on a team of 2-8 individuals. Entry deadline is November 6 at 6pm. (we are flexible!)
  - Each participating individual will weigh in weekly and report their weight to their team captain. This is all SELF-REPORTING.
  - Your information is confidential and only team captains and administrators of the program will have access to the information.
  - Participants are encouraged to attend weekly meetings at 6pm at First United Methodist Church in the Chapel.
- ❖ You will receive a WAIVED ACTIVATION FEE certificate to Community Health Club for all registered teams of the Get Healthy Challenge until December 15, 2007.
- ❖ Joining this challenge does **not** include a free membership to a health club.
- **PLEASE READ — If a member of your team drops out — your results still will be divided by the number of participants with which the team began. Therefore, it is beneficial for you to encourage all of the participants to stay in the challenge the full 8 weeks. (Exception: Special medical circumstances)**
- ⇒ **The participants of the winning team and the two top individual males and females who lose the most weight, will receive 6-Month Health Club Memberships to Community Health Club of San Angelo.**

If you have any medical conditions that limit your participation, please contact your physician.  
For more information, contact Janet Charlesworth at Community Health Club of San Angelo 947-2582.

## To calculate your Body Mass Index (BMI) do the following:

This test is recommended for male or female persons over the age of 18 years. NOTE: Persons under 18 years of age must consult a physician for accurate results.

1. Write your weight here: \_\_\_\_\_
2. Write your height in inches here: \_\_\_\_\_
3. Get a calculator:
4. Press the clear key **TWICE**.
5. Enter in your weight (the number you wrote above)
6. Press the divide key ( $\div$ )
7. Enter your height in inches (the number you wrote above)
8. Press the divide key ( $\div$ )
9. Enter your height in inches **AGAIN** (this is not a mistake).
10. Press the multiple key (**X**)
11. Enter the number **704**
12. Press the equals key (**=**)
13. Write down the number on the calculator \_\_\_\_\_
14. **THAT NUMBER IS YOUR BMI.**

Persons under 18 years of age need to consult a physician for weight related questions.

**Your BMI (Body Mass Index)** \_\_\_\_\_

If this number is above 30, you are considered to be **OBESE**.

If the number is between 25 and 29.99 you are considered **OVERWEIGHT**.

If the number is between 19 and 24.99 you are considered to be at a **"HEALTHY WEIGHT"**.

If the number is below 18.99, you may be considered **UNDERWEIGHT** for your height.

Note: Being underweight could lead to as serious health related problems as being obese.



## Calculating Your Waist/Hip Ratio

To calculate your Waist/Hip Ratio do the following:

**This test is recommended for male or female persons over the age of 18 years.**

NOTE: Persons under 18 years of age must consult a physician for accurate results.

1. Using a tape measure, measure your waist at the level of your belly button
2. Write waist measurement here (in inches): \_\_\_\_\_
3. Using a tape measure, measure your hips at the largest circumference.
4. Write hip measurement here (in inches): \_\_\_\_\_
5. Get a calculator
6. Press the **clear key twice**.
7. Enter the number from line 2 (waist measurement)
8. Press the divide key ( $\div$ ).
9. Enter the number from line 3 (hip measurement).
10. Press the equals key (**=**)
11. Write the number on the calculator's display here: \_\_\_\_\_
12. **THAT NUMBER IS YOUR WAIST/HIP RATIO.**

If you are a man, that number should not be larger than 0.9.

If you are a woman, that number should not be larger than 0.85.

You are at a **GREATER RISK** of weight related diseases such as, heart disease and diabetes if your waist/hip ratio is great than 0.9 for a man and 0.85 for a woman.



Community  
Health Club  
of San Angelo

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**NOTE:** Both the BMI and Waist/Hip ratios are strictly **tools** that are designed to assist an individual in determining the increased risk of obesity related diseases. Consultations with and recommendations by a physician and/or registered dietician will be necessary to specifically identify and correct any individual's health condition and plan of action.

# >>Official Entry Form<< Fax 947-6788

**Each team member must complete and sign this form to participate.** All registration forms must be completed and returned to San Angelo Community Health Club by 6 p.m. or may be turned in at the meeting on November 6, at First United Methodist Church.

→Please print where legible

# Maintain Don't Gain

Team Name: \_\_\_\_\_ Team Captain: \_\_\_\_\_

Your Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Gender:  Male  Female Phone: \_\_\_\_\_

Company \_\_\_\_\_ Department \_\_\_\_\_

E-mail: \_\_\_\_\_

Your mailing address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

For clerical purposes only

⇒ \_\_\_\_\_ Current Weight

⇒ \_\_\_\_\_ Height

⇒ **BMI:** \_\_\_\_\_ (Body Mass Index, calculation form attached) or go to [www.gethealthytexas.net](http://www.gethealthytexas.net)

⇒ BMI must be 25 or more to participate. If BMI less than 25, please talk with us for prior approval.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*By signing this, you indicate that you have read the information in the weight management program and fully understand and agree to the terms of the program and all questions have been answered fully.*

**Please read the following statement:**

All exercise and participation is done at the risk of the individual participating. San Angelo Community Medical Center, Community Health Club of San Angelo, and City of San Angelo are not liable for personal injury. Administrators of the challenge are not responsible for personal injury, including bodily injury and death.



**\*\* The team captain must give the results to Sherian Briley by 10 a.m. each TUESDAY. You can also e-mail results to [sherian.briley@triadhospitals.com](mailto:sherian.briley@triadhospitals.com) Call 947-6611 or fax them at 947-6788.**