



How do we GET FiT Lubbock? Guidelines



GET FiT Lubbock is a 12-week fun competition to help you meet your fitness and weight goals. The GFL Competition includes exercise and weight loss activities, encouragement and support from health and fitness professionals, free GET FiT lectures and much more. The competition begins September 15, 2007 and ends December 8, 2007.

Teams of 6-10 people will compete for points based on time spent in fitness activities, pounds lost, attendance at GET FiT lectures and participation in community run/walk events. Prizes will be awarded to the top three teams and top three individual point earners per gender and age group.

- 1) Build a team of 6-10 people committed to working on their personal health and fitness. Your team members can be co-workers, church members, social club members...that is totally up to you!
- 2) Elect a team leader.
- 3) Complete team and individual registration, and get moving.
- 4) Track your exercise/activity time and report weekly to your team leader. Monitor your eating habits and report weight every 4 weeks.
- 5) Members earn 1 point per minute of exercise and 50 points per pound lost. Bonus points are awarded for attending a lecture or participating in a community walk/run.
- 6) Compete for the most points. Win awards and prizes.

Fees

\$20/team member. Fees support Healthy Lubbock and its mission.

Reporting

*Team captains gather activity reports from members. The *captain* reports activity time for the past week each Monday by 5 p.m. at www.healthylubbock.org, or drop by The Garrison Institute on Aging office, or by telephone at 806.743.7821.

*Each team determines the best way to report to their captain.

*Team captains will be given log sheets for distribution to team members.

*The honor system prevails!

Weight Loss

*Report your weight loss every four weeks.

*You may weigh at home, work...wherever you find a scale. If you are going to weigh weekly, you should weigh on the same day each week, at the same time of day and on the same scale.

Scoring

*Team totals will be added and that number will be divided by the number of team members. This average will be used to determine the winning teams.

*For individuals, the entire point total will be used.

*50 points/ pound lost, 1 point/exercise minute, 100 points/event

Prizes

*Top three teams receive awards. Medals to top three individuals by gender in each age group.

Why GET FiT Lubbock!

The GET FiT Lubbock competition is sponsored by the Healthy Lubbock Initiative, a coalition of local businesses, health organizations and individuals dedicated to improving the health and fitness of the citizens of Lubbock and surrounding communities. GET FiT Lubbock promotes healthy activity, healthy choices and healthy relationships between community members and co-workers. By inspiring and encouraging our local citizens to GET FiT, get healthy and get motivated through friendly competition, our hope is for our community and our neighbors to reap the benefits of improved health and fitness.