



The
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Live Healthy Northwest Iowa 2019

An extension of the Live Healthy Iowa Program

Registration opens **December 3, 2018** ■ Competition runs **January 14 - March 22, 2019**

Program Overview

Anyone 18-years of age and older can formulate a team. All teams will consist of 2-10 people, with all teams eligible to enter one or both divisions for the same entry fee.

Join thousands of Iowans in Live Healthy Iowa's 10 Week Wellness Challenge. This local take on the challenge is a simple and affordable challenge providing you an opportunity to improve your health while engaging in a fun, friendly competition.

Over the course of 10 weeks, teams track activity minutes and/or weight loss through the Live Healthy Iowa website. Each team member has a personal online dashboard to report and monitor progress and access valuable resources.

Teams may register in the Minutes of Activity Division, the Weight Loss Division or both. In either case, individuals track or record minutes of activity and/or weight loss which is used to calculate a team's percentage weight loss and average activity minutes. Friendly competition among teams is encouraged.

Weight Loss Division

Weight Loss Calculated as Total % Loss by the Team as compared to Initial Total Weight

Please note that those who are currently pregnant but with due dates during the course of the competition, and those scheduled to have gastric bypass or other weight loss surgery during the course of the competition, are welcome to participate but ineligible for cash prizes for the weight loss division.



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Minutes of Activity Division

Total number of minutes divided by the number of people on a given team

In an attempt to be fair and consistent, this division will have the following parameters for the Live Healthy Sheldon competitors: includes 5 minutes or more of continuous activity, such as stretching, strengthening and/or cardiovascular exercise, participation in recreational/ sports activities where you keep moving the whole time and thus elevate your heart rate above resting, minutes spent doing active outdoor work such as shoveling snow or pushing the lawn mower. This does not include minutes of activity as part of your normal workday with the exception of exercise done during breaks/lunch. This also does not include doing basic household chores.

For further clarification please contact Janice Wielenga at LLRC East or Greta Giese at the LLRC, who will be the ultimate judges for the “Live Healthy Sheldon” competition.

How to Participate

Get enrollment information at the LLRC or LLRC East.

Recruit your team members and establish team name (members of your team must be 18 years old or older).

Designate a team captain (this person will be responsible for gathering activity minutes sheets and encouraging members to weigh in routinely, as well as entering information online for the Live Healthy Iowa competition).

Turn in all team entry forms and fees together, with checks made payable to the LLRC.

Deadline is **January 14** (initial screening date and the first day of competition), although you are encouraged to enroll early (early bird rate ends January 7). No late forms, roster changes or late registration payments will be accepted after the deadline.

Team Roster

Every person on your team roster must participate in the same division(s) of competition.

(i.e. If some members are interested in ‘weight loss’ and others in ‘activity minutes’ you would need to sign all teammates up for both divisions)

Changes in your team roster made after the competition begins can only occur with prior approval from the LLRC Coordinator.



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Team Captain

A team captain must be designated, and the Team Captain will be responsible to get all required information for initial enrollment AND ongoing tracking information submitted by the required deadlines, in order to be eligible for any prizes at the completion of the competition. In addition, this person will be responsible for initial enrollment of all teammates on the 'Live Healthy Iowa' website or to inform teammates how to enter their own information on the website. You will be given the code needed to enter your team information on the state website after you turn in your team roster and fees to the LLRC.

State Reporting

Please note that Team Captains/team members will be responsible for all on-line recording of information for their teams on the Live Healthy Iowa website. You can ask for help if you have trouble accessing the website for data entry. Note that there are different reporting deadlines for State prize eligibility, and it is your Team Captain's and/or team members' responsibility to keep up on this.

Cost for Participation

Non-members:

\$44/individual if register by 5:00 pm January 7

\$54/individual after January 8 until January 14 deadline

LLRC Members

\$29/individual by 5:00 pm January 7

\$39/individual after January 8 until January 14 deadline



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Program Perks

Enrollment in the 'Live Healthy Iowa' Program, making you eligible for more prizes and resources.

Initial and Final Weigh-Ins for all participants

Initial and Final Weight-Ins can include free Body Composition readings if desired – a \$10 per reading value!

Periodic Weigh-Ins for Weight Loss Division participants.

A free 16-punch card, good for use of the LLRC and LLRC East facilities to utilize the equipment and for participation in classes (punch card expires on March 31, 2019).

A \$59 value!

Prizes awarded to top two teams in Minutes of Activity Division, top two teams in Weight Loss Division, individual overall winner in Minutes of Activity Division, individual overall winner in Weight Loss Division. Prizes include cash prizes, LLRC gift certificates, gift cards to local merchants, healthy foods/snacks, fitness technology and equipment, and much more!

There is no double-dipping for prizes – if you win as part of a team, you can't also win an individual prize.

Important Dates to Remember

Initial Team Roster Deadline: 9:00 pm on January 14 turned in at the LLRC or LLRC East along with entry fees.

Early sign-up encouraged so that your teammates have all the information BEFORE the competition starts.

Weight Loss Division

Initial Weigh-In Date:

Monday, January 14 *Mandatory for Weight Loss participants*

6:00 am – 10 am at LLRC East

11 am - 5:30 pm at LLRC East

5:00 pm – 9:00 pm at the LLRC (main campus)



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Additional Mandatory Weigh-In Dates for Weight Loss Participants:

Wednesday, January 30, Wednesday, February 13 & 27, Wednesday, March 13

Must be done to be eligible for prizes at the local level, in addition to the initial and final screening dates listed.

6:00 am – 10 am at LLRC East

11 am - 5:30 pm at LLRC East

5:00 pm – 9:00 pm at the LLRC (main campus)

Final Weigh-In Date:

Friday, March 22 *Mandatory for Weight Loss participants*

6:00 am – 10 am at LLRC East

11 am - 5:30 pm at LLRC East

5:00 pm – 9:00 pm at the LLRC (main campus)

Weight Loss participants must participate in the initial and final screenings to be eligible for prize money, with both weigh-ins held at LLRC East. Participants are encouraged to weigh-in any time throughout the competition, but official recording will be done on the mandatory weigh-in dates only.

In the event that you are truly unable to attend one of the mandatory weigh-ins but want to participate, you can arrange for an alternate weigh-in time by contacting Janice Wielenga, in advance, at 324-6152. This will be decided upon on a case-by-case basis.

Minutes of Activity Division

All minutes must be entered online by participants and/or captains. The detailed information regarding online reporting will be distributed at the beginning of the program. If you do not have access to a computer or the internet, you can request to have your Team Captain or LLRC staff enter your minutes – but these requests must be made by January 18.

Minutes must be up to date on the following dates: February 13 and March 13

Final Activity Minutes Reporting: Saturday, March 23 at 11:59 PM online.



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Special Thanks to

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Contact Us

You can contact the LLRC about the Live Healthy Sheldon program by calling the LLRC at (712) 324-2493 or LLRC East at (712) 324-6152. And you can email us at llrc@nwicc.edu, janicewielenga@nwicc.edu, or ggiese@nwicc.edu. *We do not take registrations via email.*

Registrations can be completed at the LLRC or LLRC East and payment must be made at the time of registration.