



A Healthier Morgan County in 2012

“A Healthier Weigh” is a 12-week program to promote health and fitness.

Participants will be teams of 4 adults (18 and older).

Registration Fee is \$40 per person; \$160 per team.

At least 25% of registration fees will be returned as **CASH PRIZES**.

Team members will encourage each other to increase walking and activity; complete lessons about nutrition, health and fitness; and to stay focused throughout the 12 weeks.

- Form a team of 4 adults (18 or older) and complete the Entry Form. Choose a fun, funny, or funky team name. Team names (not individual names) are used in publicity during the challenge. Team members will be identified with award publicity at conclusion of challenge.
- Entries are due Friday, January 6, 2012 to Morgan County Extension, 914 E. Railroad, PO Box 517, Ft. Morgan or FAX to 970-542-3541.
- The Kick-Off is Wednesday, January 11 when teams Weigh-In at Morgan County REA. Teams will select a time between 4:15 and 6:45 p.m. to weigh. Participants will be notified of confirmed time for Weigh-In.
- At Weigh-In, participants receive a pedometer to begin recording activity. Register early so you are ready to begin the program at Weigh-In.
- Team members will receive weekly information on health, fitness or nutrition via Extension website. Weekly information will be available each Monday beginning January 16, 2012.
- Team members will record their daily pedometer activity and report weekly to their Team Captain who will report Total Team Steps. Steps reported within 1 week for all team members will receive 1000 bonus steps per team.
- An Optional Program will be available after 4 weeks and 8 weeks for participants to learn more about health, nutrition and fitness. Exact dates and topics will be announced at Weigh-In January 11.
- *“A Healthier Weigh”* ends April 11 with the team Weigh-Out and Evaluation. The Celebration Event and Awards is tentatively scheduled for evening of Wednesday, April 25. **Awards will be CASH.**
- If you are under a physician's care for any health condition that may affect your ability to participate in this program, we recommend approval from the physician before beginning.

Contact Luann at 542-3544 with questions. We hope you will enjoy ***“A Healthier Weigh”***.