



## Granville-Vance Weight Loss Challenge

### The Inspiration

*“North Carolina’s Plan to Prevent Overweight, Obesity and Related Chronic Diseases is a call to action to make healthy eating and physical activity the norm rather than the exception. It provides a framework for the future, outlining the goals, objectives and strategies to create and sustain a North Carolina where eating smart and moving more are a way of life that leads residents to a healthy weight.*

*To move forward from words on a page to community change, it will take all of us—individuals, organizations and public and private partners, working toward the common good to achieve a healthier, more productive North Carolina. If you can imagine a North Carolina where adults and children of all ages and abilities eat smart and move more wherever they live, learn, work, play and pray, heed this call to action.”* (Eat Smart Move More: North Carolina’s Plan to Prevent Overweight, Obesity, and Related Chronic Diseases; Raleigh, NC. August 2006)

### The Plan - The 2nd Annual Eat Smart, Move More Granville-Vance Weight Loss Challenge!

**The Results** – The results are up to you. ☺

**What is Eat Smart, Move More?** - Eat Smart, Move More: North Carolina’s State Plan to Prevent Overweight, Obesity and Related Chronic Diseases is designed to help organizations and individuals craft strategies to address overweight and obesity in their communities and begin to create policies and environments supportive of healthy eating and physical activity.

**What is the Granville-Vance Weight Loss Challenge?** - The Granville-Vance Weight Loss Challenge is an event that provides **teams of 4 adults** an opportunity to lose 10 pounds per person, over a 10-week period. Even though weight loss is an immediate goal of the event, the ultimate goal is to improve the overall health of residents in our two counties.

**Who is sponsoring the Granville-Vance Weight Loss Challenge?** - The Challenge is being spearheaded and sponsored by the Granville-Vance District Health Department, Granville Health System, Maria Parham Medical Center, and the Henderson Family YMCA. MBMA Family Fitness Center, Team Care Manual and Physical Therapy, The Road to Fitness, and the City of Oxford are additional partners. These organizations share a common goal of improving the health of our community residents.

**Who can participate in the Granville-Vance Weight Loss Challenge?** - The Challenge is a **team-oriented** event that is open to all residents or workers in Granville and Vance Counties who are 18 years or older. While we realize many children are overweight or obese, special considerations are needed for safe weight loss for children. We believe by targeting adults we can impact families and make a difference overall.

**When is the Granville-Vance Weight Loss Challenge?** - The Challenge is a ten-week event that starts following the weigh-in week of January 11-15, 2010. The event ends with the weigh-out week of March 22 – March 26, 2010.

**What’s in it for me if I participate in the Granville-Vance Weight Loss Challenge?** - The ultimate goal of the Challenge is to improve overall health, so we hope that everyone who participates in the event will learn to **Eat Smart and Move More**. To make things a little more interesting, the Granville-Vance District Health Department, Granville Health System and Maria Parham Medical Center, have donated \$3,000 in prize money (to be given out in a lottery process) to participating teams and individuals who meet the weight loss goal.

### **Registration is required, and teams that weigh-in together can earn an extra chance to win!**

See the back of this sheet for the Registration Form. Contacts at the sponsoring organizations are Jackie Sergent at GVDHD (252-492-7915 or 919-693-2141), Janet Herzberg at GHS (919-690-2148), or Lee Anne Peoples at MPMC (252-436-1116). You can also check out the Granville Health System website ([www.granvillemedical.com](http://www.granvillemedical.com)), Maria Parham Medical Center’s website ([www.mphosp.org](http://www.mphosp.org)), or the Granville-Vance District Health Department’s website ([www.gvdhd.org](http://www.gvdhd.org)) for additional information.



**Granville-Vance  
Weight Loss Challenge**

## **GUIDELINES FOR PARTICIPATION**

The following guidelines must be observed in order to participate in the contest:

- Teams must consist of four (4) members, including the team's captain.
- Teams must begin and end the contest with the same team members. If a team member drops out for any reason, the team would be ineligible for the final grand prize drawings. However, individuals who lose at least 10 pounds would still be eligible for the drawing to win one of the 28 individual \$50 achievement prizes.
- Teams will not be allowed to substitute members for any reason.
- Teams will have one week to weigh in and one week to weigh out for the contest.
  - **Participants must weigh in at the same facility for beginning and ending weights.**
  - **Teams are encouraged to weigh in and out together at the same location if at all possible.**
- **Teams that weigh-in together, submit complete registration forms, and email the captain's name, email address, and team name to [jsergent@gvdhd.org](mailto:jsergent@gvdhd.org) by 1/19/10 will have an extra chance at winning a team prize **IF** they meet their weight loss goal.**
- Participants need to wear normal business attire for weigh-ins. Bulky items such as overcoats, purses, work boots, etc., will not be allowed. Participants should remove shoes when weighing in and out.
- Weigh-in sites will be required to keep and record individual team members' beginning and ending weights. These weights will be kept confidential and will only be shared with Weight Loss Challenge staff members to determine eligibility for prize drawings.
- If any team member cannot use a standard scale for the weigh-in, please contact one of the following people in advance to arrange for special accommodations:  
Granville County – Janet at (919) 690-2148                      Vance County – Lee Anne at (252) 436-1116
- Those who have had a weight-loss surgical procedure will not be eligible to participate until one year after the surgery.
- This program is intended for adults. No one under the age of 18 will be allowed to participate.
- Those who are pregnant, or who become pregnant, are not eligible to participate.
- The objective of this campaign is to lose weight in a healthy manner and to have fun doing it.

**To be eligible for the grand prize team drawings, teams must maintain all four original members, and each team member must lose at least 10 pounds during the 10-week contest.**

Teams that meet this goal AND ALSO weigh-in together, and submit their complete registration form and team captain info. as specified above will get their "name into the hat" an extra time for the team prize drawings.

**Within 2 weeks of the weigh-out, three team names will be drawn.**

The first team will win \$250 per team member, the second team will win \$100 per team member, and the third team will win \$50 per team member.

There are also individual prizes. To be eligible for the drawing of one of 28 individual \$50 achievement prizes, individuals must complete the 10-week contest and lose at least 10 pounds. All successful Challenge individuals will also be eligible for drawings for several memberships to the YMCA and other local fitness facilities. Details will be available at the weigh-in sites.

# TEAM REGISTRATION FORM



## Granville-Vance Weight Loss Challenge

Please complete this form and turn it in when you weigh in. The information will be entered into a database and will register your team for the Challenge. Please print your information, being careful to make **ALL** of it legible. You should **NOT** fill in the fields for weight; they will be entered by the weigh-in site. It is important that you check with your health care provider before beginning a weight-loss or exercise program. You must be 18 years of age or older to participate. In addition, you cannot participate if you are pregnant or if you have had a surgical weight-loss procedure within the last year.

Registration form complete at weigh-in  
 Team weighed-in together  
 Captain emailed jvs by 1/19/10

**NOTE – Participants must reside or work in Granville or Vance County**

Team Name: \_\_\_\_\_ (If team is unnamed, it will assume the name of the Captain.)

Captain: \_\_\_\_\_

Name	Telephone #	E-mail (required – should be active and checked weekly)
Weigh-In Site	Initial Weight	Ending Weight

County of Residence:  Granville  Vance Other: \_\_\_\_\_ Employed at \_\_\_\_\_

“I agree to check my email at least once a week and forward Challenge information to my teammates. I will contact [jsergent@gvdhd.org](mailto:jsergent@gvdhd.org) if I am not receiving Challenge emails by 1/26/10” (captain’s signature) \_\_\_\_\_

Team Name: \_\_\_\_\_ (If team is unnamed, it will assume the name of the Captain.)

Team Member #2: \_\_\_\_\_

Name	Telephone #	E-mail
Weigh-In Site	Initial Weight	Ending Weight

County of Residence:  Granville  Vance Other: \_\_\_\_\_ Employed at \_\_\_\_\_

Team Name: \_\_\_\_\_ (If team is unnamed, it will assume the name of the Captain.)

Team Member #3: \_\_\_\_\_

Name	Telephone #	E-mail
Weigh-In Site	Initial Weight	Ending Weight

County of Residence:  Granville  Vance Other: \_\_\_\_\_ Employed at \_\_\_\_\_

Team Name: \_\_\_\_\_ (If team is unnamed, it will assume the name of the Captain.)

Team Member #4: \_\_\_\_\_

Name	Telephone #	E-mail
Weigh-In Site	Initial Weight	Ending Weight

County of Residence:  Granville  Vance Other: \_\_\_\_\_ Employed at \_\_\_\_\_



**Granville-Vance  
Weight Loss Challenge**

**Weigh-In Schedule  
January 11<sup>th</sup> – January 15<sup>th</sup>, 2010**

	Monday 1/11/10		Tuesday 1/12/10		Wednesday 1/13/10		Thursday 1/14/10		Friday 1/15/10			
	SGMC	GCHD	MPMC	SGMC	GCHD	MPMC	SGMC	GCHD	MPMC	SGMC	GCHD	MPMC
7a			7:00					7:00				7:30
8a								8:30			8:30	9:00
9a	9:00								9:00			
10a			10:00									
11a				11:00								11:00
12p	1:00				12:00				1:00			1:00
1p				2:00								
2p		2:00					2:00	2:00				
3p									3:00			
4p						4:00					4:30	4:00
5p		6:00					6:00	6:00		6:00		6:00
6p												
7p												

SGMC = South Granville Medical Center (Community Immediate Care Center); 1614 NC Highway 56; Creedmoor; 528-7171  
 GCHD = Granville County Health Department; 101 Hunt Drive; Oxford; 693-2141  
 MPMC = Maria Parham Medical Center; 566 Ruin Creek Road; Henderson (front lobby); 436-1116

**Please Note** – If you or anyone on your team needs a special scale to weigh-in, please contact your weigh-in site in advance to make arrangements for one.