



NHF “Work it Out” Challenge

ENTER FOR YOUR CHANCE TO HAVE A HEALTHIER BODY!

INTRODUCTION

The NHF “**Work it Out**” Challenge is a weight loss and fitness team competition that encourages individuals to change their lifestyle to achieve a healthier mind and body. The competition lasts for twenty four (24) weeks and emphasizes diet and physical activity as a way to reduce a person’s risk of developing chronic diseases.

Improving dietary habits and increasing physical activity, can have a major impact in reducing the risk of developing chronic illnesses.

DESCRIPTION OF THE TEAMS

A team is made up of 5 individuals from the same Organisation from the same location or address. Each Team must have an assigned Team Captain and must have at least one male participant.

HOW WILL POINTS BE AWARDED?

Each team entered in the challenge is to complete weight, height, waist measurements and a series of fitness tests at the start of and end of the competition.

At the end of the competition, the %change in BMI, Weight, and Waist as well as the change in fitness level will be calculated for each team member. The Average % change for all parameters will also be calculated for each TEAM.

Points will be awarded according to the calculations done.

Example 1: If %change (Δ) in BMI is 6 = 6points

Example 2: If % change (Δ) in Weight is 10 = 10 points

One point will also be awarded to each team member for registered attendance at each event throughout the 24 week period- mid-point weigh-in, dance sessions, boot camps, aerobic exercise sessions, nutrition and assessment sessions.

Final calculations of overall points:

Parameter	Contribution to overall points
% Δ BMI	35%
% Δ Weight	20%
% Δ Fitness	25%
% Δ Waist measurements	10%
Total Points for number of events attended	10%

PARISH WINNERS

Individual points for each Team Member will be averaged to determine the Team winner. The Team with the highest number of points overall will be declared the winner. If more than one of the Top Teams has the same amount of points causing a tie, the team with the highest weight loss will be awarded the prize and the other team will take the spot below.

- **The 3 females with the highest overall points**

ALSO



Health for Men PRIZE - The5 STAR HEALTH GENERAL prize will be awarded to the individual male scoring the highest points at the end of the Competition.

NATIONAL WINNERS

The Team with the highest number of points overall will be declared the winner. If more than one of the Top Teams has the same amount of points causing a tie, the team with the highest weight loss will be awarded the prize and the other team will take the spot below.

- **The 3 females with the highest overall points**

ALSO



Health for Men PRIZE - The5 STAR HEALTH GENERAL prize will be awarded to the individual male scoring the highest points at the end of the Competition.



ENTRY DEADLINE SEPTEMBER 1, 2017

No entry fee

Team Captain and the Human Resource Manager or Other Top Executive of the Organization must complete and sign the Entry Form Letter of commitment from Organization to support team during competition

Dates and venues for all activities will be communicated ahead of start date.

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Competition Rules

- Teams consist of 5 members, if not from the same organization the team must give itself a name. Each team must have a leader called the Team Captain. The Team Captain must be informed about the competition rules and follow-up responsibilities. All correspondences will be directed to the Team Captain and Organization Manager via email
- The Entry Form must be completed with Team Captain’s and Organization Manager’s name and contact information

- All participants must have a BMI of 28 and over to qualify to be a part of any Team

Please use this BMI calculator to guide you:

http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

- Team members must weigh-in and do height, waist, fitness and blood pressure measurements at the beginning and at the end of the Competition.
- At mid-point weight and waist measurements only.
- Participants must be age 18 or over and not be pregnant or breast-feeding.
- Identification cards must be produced at the initial, middle and final weigh in. The same ID at all times.
- No participant can be added or act as a substitute for another team member after the competition starts.
- If one team member drops out of the competition because of documented medical reasons or a change in job status that would warrant withdrawal from the programme, their team will not be disqualified but averages will be done using the remaining members. Documents must be submitted to the NHF to substantiate the reason for withdrawal from the competition.
- Any team member who drops out of the competition for reasons other than that stated above, their team’s average will be calculated using the original number (5).
- If two or more persons drop from a team for any reason, the team is automatically disqualified from the team competition. The remaining team members may continue but **will not** be eligible for the individual prize.
- Failure to attend the initial and final weigh-in on the designated dates is defined as dropping out of the competition.
- **No other dates** will be available to conduct weigh-ins or other activities associated with this Competition.
- All individual weights, goals, and weight loss progress will be strictly confidential unless you personally choose to tell others yourself.
- Weigh-ins will be done by NHF and Regional Health Authority Staff.
- Participants will be weighed ONLY ONCE on weigh-in dates.
- Participants will take an active role in setting goals.
- All team members are encouraged to participate in at least 30 minutes of moderate activity most days of the week.
- The winning teams and individuals will be announced at the Awards Presentation Ceremony.

Work it out Challenge 2017 - Activity Schedule

Exercise Sessions - 12

Parishes	St Thomas-Kingston	Manchester	Montego Bay	Clarendon	St Ann
<i>Exercise Sessions Dates</i>		<i>Exercise Session Dates</i>			
<i>Launch Dates</i>	September 16,2017	September 23,2017	September 30,2017	October 7,2017	October 7,2017
<i>Aerobics</i>	September 30,2017	October 7,2017	October 14,2017	October 21,2017	October 21,2017
<i>Dance</i>	October 14,2017	October 21,2017	October 28,2017	November 4,2017	November 4,2017
<i>Boot Camp</i>	October 21,2017	November 4,2017	November 11,2017	November 18,2017	November 18,2017
<i>Aerobics</i>	November 4,2017	November 18,2017	November 25,2017	December 2,2017	December 2,2017
<i>Aerobics</i>	November 18,2017	December 2,2017	December 9,2017	December 16,2017	December 16,2017
<i>Dance</i>	December 2,2017	December 16,2017	December 16,2017	December 30,2017	December 30,2017
<i>Boot Camp</i>	December 30,2017	December 30,2017	December 30,2017	January 6,2018	January 6,2018
<i>Aerobics</i>	January 6,2018	January 6,2018	January 6,2018	January 20,2018	January 20,2018
<i>Aerobics</i>	January 27,2018	January 20,2018	January 20,2018	February 3,2018	February 3,2018
<i>Dance</i>	February 3,2018	February 3,2018	February 3,2018	February 17,2018	February 17,2018
<i>Boot Camp</i>	February 17,2018	February 17,2018	February 17,2018	March 3,2018	March 3,2018
<i>Aerobics</i>	February 24,2018	March 3,2018	March 3,2018	March 17,2018	March 17,2018
Final weigh-in	March 3, 2018	March 10,2018	March 17,2018	March 24,2017	March 24,2017

The competition will consist of three Weigh-Ins and Assessments on the following dates:

- Initial weigh-In Saturday Sep. 16 – (SERHA) Kingston, St. Catherine, St. Thomas
 Saturday Sep. 23 - (SRHA) Manchester and Oct. 7, Clarendon
 Saturday Sep. 30 - (WRHA) St. James, Hanover and Westmoreland
 Saturday Oct. 7 – (NERHA) Portland, St. Mary, St. Ann
- Assessments Wednesday October 18, 2017 & Wednesday October 25, 2017
- Mid-Point Weigh-In Saturday December 9, 2017 (SERHA & SRHA)
 Saturday December 16, 2017 (NERHA & WRHA)

- Assessments Saturday January 13, 2018 & Saturday 20, 2018
- Final Weigh-In Saturday March 3, 2018 Kingston, St. Thomas
Saturday March 10, 2018 Manchester
Saturday March 17, 2018 Montego Bay
Saturday March 24, 2018 Clarendon & St. Ann's Bay, St. Mary, Portland