



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 4th 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, Maria Parham Medical Center, Granville Health System, and the Henderson Family YMCA. Additional partners include Midnight Blue Martial Arts, the Henderson-Vance Recreation Department, and Studio MainStreet in Henderson; BodyWorx Fitness Center, Oxford Parks and Recreation, and Team Care Manual and Physical Therapy in Oxford; and Road to Fitness in Creedmoor. Two new partners for this year include *Starting Fresh Nutrition* and the Granville County Cooperative Extension. All 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 March 19-23, 2012. The event ends with the weigh-out week of May 29-June 1, 2012. There will be no weigh out times available on Monday, May 28—as that is observed as Memorial Day.

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 \$3000 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!

The Guidelines for the Challenge are on the back of this sheet and the Registration Form is enclosed as well. Contacts at the sponsoring organizations are Jackie Sergeant at GVDHD (492-7915 or 693-2141), Janet Herzberg at GHS (919-690-2148), or Lee Anne Peoples at MPMC (436-1116). You can also check out Granville Health System’s website (www.ghsHospital.org), Maria Parham Medical Center’s website (www.mariaparham.com), or the Granville-Vance District Health Department’s website (www.gvdhd.com) 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 at the same facility for beginning and ending weights.**
 - **Teams are encouraged to weigh in and out together if at all possible.**
- **Teams that weigh-in together, submit complete registration forms, and email the captain's name, email address, and team name from the captain's email box to jsergent@gvdhd.org by March 26, 2012 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 needs a scale capacity greater than 400 pounds, please contact Lee Anne Peoples at (252) 436-1116 to schedule an appointment to weigh in.
- 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 during the Challenge, 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 drawing, teams must maintain all four original members, and each 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 information as specified above will get their "name in 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.

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.



Granville-Vance Weight Loss Challenge

TEAM REGISTRATION FORM

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 to 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 3/26/12

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 (**MUST be legible, 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 if I am not receiving Challenge emails by 4/02/12” (captain’s signature→) _____

Team Member #2: _____
Name Telephone # E-mail (**MUST be legible, active, & checked weekly**)

Weigh-In Site Initial Weight Ending Weight

County of Residence: ____ Granville ____ Vance Other: _____ Employed at _____

Team Member #3: _____
Name Telephone # E-mail (**MUST be legible, active, & checked weekly**)

Weigh-In Site Initial Weight Ending Weight

County of Residence: ____ Granville ____ Vance Other: _____ Employed at _____

Team Member #4: _____
Name Telephone # E-mail (**MUST be legible, active, & checked weekly**)

Weigh-In Site Initial Weight Ending Weight

County of Residence: ____ Granville ____ Vance Other: _____ Employed at _____

By my signature below, I permit and hereby authorize Granville-Vance Weight Loss Challenge Sponsors/Partners /Staff to interview and/or take photographs of me. I understand and agree that my name and said interview/photographs may be produced, published, republished, or used for public relations, marketing, or other similar purposes by the GV Weight Loss Challenge Sponsors/Partners.

Captain Signature / Date

#2 Signature / Date

#3 Signature / Date

#4 Signature / Date



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Weigh-In Schedule March 19th – March 23th, 2012

	Monday 3/19/12			Tuesday 3/20/12			Wednesday 3/21/12			Thursday 3/22/12			Friday 3/23/12		
	SGMC	GCHD	MPMC	SGMC	GCHD	MPMC	SGMC	GCHD	MPMC	SGMC	GCHD	MPMC	SGMC	GCHD	MPMC
7a			7:00		7:00						7:00				7:00
8a		8:30													9:00
9a			10:00		9:30						10:00			9:00	
10a	10:00	11:00													
11a						11:00	11:00			11:00				11:30	11:00
12p								12:00							
1p					2:00	2:00			2:00				1:00	2:00	
2p								3:00					3:00		
3p	4:00											3:00			
4p								4:30			4:00				
5p															
6p								7:00			7:00	7:00			
7p															

SGMC = South Granville Medical 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 – MPMC and GCHD scales can accommodate up to 400 lbs. If you believe you will exceed these limits, please contact Lee Anne Peoples at MPMC (252-436-1116) to make weigh-in arrangements. **Thanks!**