



Previous Biggest Loser/  
Weight Loss Challenge  
Participants get 20% off!





Dear Waist Management Participant,

Congratulations on taking the first step towards losing weight and leading a healthier lifestyle. You should be proud of your decision to get healthy and fit. The contest will run approximately three months and is designed for those who need to lose weight and would like some support, education and a little competition to take charge of their health. We are so excited to offer this special program for you and we hope you will find it very rewarding. This year, you have the option of registering as an individual or a team of 4 participants. We will have a limited number of participants this year, so get registered early. Remember, you will get as much out of this as you put into it, and you could be.....the BIGGEST WINNER!

In this packet you will find several pieces of information to get you started:

1. Official Registration Form-must be completed, signed and turned in upon registration. Each team member must fill out a separate registration form and teams must pay and turn in forms at the same time.
2. Program Guidelines-gives you the details on the different aspects of the program.
3. Waist Management Activities-lets you know the various activities planned for you to attend. They include weekly weigh-ins, speakers on nutrition, exercise, stress management, and other events.  
. \*\*\*New-Bonus Pounds will be awarded for attending events. Your Bonus Pounds will be deducted from your final weigh-in.
4. Coupons- Waist Management participants will receive discounts on YMCA Personal Training, Extreme Boot Camp and more! ***PLUS-Previous Biggest Loser participants receive 20% off the program!***

All Waist Management Participants will receive:

-  Weekly prize drawings-This year anyone who attends a weekly weigh-in will be entered in for the weekly prize drawing.
- An official Norfolk Family YMCA Waist Management T-shirt.
- Initial and final weigh-ins including height, weight, BMI, body fat analysis, girth measurements and blood pressure. The initial and final weigh-in is required and weekly weigh-ins are optional, but are a good tool for you to see where you are, provide you with some incentive and motivation to keep going and to discuss your strategies with the fitness staff and satisfaction of knowing you are doing something good for yourself!
-  A day of fitness and fun with Amy and Marty Wolff from NBC's hit reality show, the "The Biggest Loser"! Amy and Marty will be at the Norfolk Family YMCA to speak about their experiences and take you through a workout.
-  Bonus Pounds for attending Waist Management events and participating in activities. See packet for details!
- Waist Management Kit-This kit contains tools, tips and healthy treats to jump start your weight loss journey.
-  Personalized Nutrition Guidance-see packet for details!

Thank you for your interest in your Waist Management. We look forward to working with you to help you reach your goals!

Good luck,  
Janine Podany  
Fitness Director  
janinep@norfolkymca.org

# Waist Management Official Registration Form

This form must be completed, signed and turned in with your entry fee. All team participants must register at the same time.

Please note: Your demographic information, including age, height, weight, body fat, etc. will remain confidential unless otherwise noted by you in this packet. The Waist Management winners will be awarded to both the Male and Female participant with the greatest percentage of weight loss.

Check here if you are registering as part of a team. There must be 4 people per team. Please list your team members below. Each team member must fill out a registration form! All team member registration forms and payments must be turned in at the same time.

Team Name: \_\_\_\_\_

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

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

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

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

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

YMCA Member \_\_\_\_\_ Non-member \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work \_\_\_\_\_

Cell Phone \_\_\_\_\_

T-shirt size (please circle)      S              M              L              XL              XXL

***\*\*It is very important that we have your e-mail address for communication about the program. The Waist Management contest includes weekly weigh-in results, e-mail health tips and any updates on the contest will be sent out via e-mail.\*\****

E-mail \_\_\_\_\_

Please list the goals you hope to achieve by the end of this contest (be specific):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Emergency Contact Information

Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

## AGREEMENT TO PARTICIPATE

*Waiver:* In signing this form for myself, I understand and agrees to absolving and hold harmless the Norfolk Family YMCA and all Sponsors of blame for any injury, harm, loss or inconvenience in any of the activities associated with this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Hello Waist Management Participants:

Congratulations on deciding to make some changes in your eating habits and lifestyle by joining the YMCA Waist Management competition.

The Norfolk Daily News is hoping to participate in the competition by publishing profiles or feature stories of a few willing participants and by publishing a weekly update that would include the name of the person who lost the most weight the previous week and the rankings for the current week. We will not publish your weight, just the number of pounds or percentage of body weight lost that week

However, you are not required to be included in the weekly updates. Or, you can choose to use a first name only. People who wish to be included in the weekly updates must be weighed by the YMCA staff on Wednesdays.

If you are interested in being the subject of a feature or profile story, please indicate it below.

Also, please indicate if you want to use your first name or if you do not want to be included in the weekly updates..

Thank you for your cooperation and good luck.

Sheryl Schmeckpeper  
Living Editor  
Norfolk Daily News  
371-1020, ext. 241

\_\_\_\_\_ Yes, I am interested in being the subject of a feature story or profile.

\_\_\_\_\_ Sure, go ahead and list my full name in the weekly updates.

\_\_\_\_\_ You can list my first name in the updates, but not my last name..

\_\_\_\_\_ No, I am not interested in being featured in stories, profiles or updates.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail \_\_\_\_\_

**Please return this form with your Registration!**

# Norfolk Family YMCA Waist Management 2010 Speaker Schedule

All speakers are FREE for Waist Management Participants

## Nutrition for Healthy Weight Loss & Understanding Portion Sizes

*Linda Wetzel, LMNT*

An educational and discussion session on how you can lose weight the right way. It is important to know how to set realistic goals and provide yourself with a balanced, sensible diet. You will also learn appropriate portion size and how to make smart food choices.

Northeast Community College-Lifelong Learning Center

Tuesday, January 5th

7-8pm

\*0.5 Bonus Pounds\*

## Finding Time For Fitness

*Janine Podany, YMCA Fitness Director*

Learn the how to's of planning and designing your exercise program and how to find the time to get it done.

Northeast Community College-Lifelong Learning Center

Tuesday, January 19th

7-8pm

\*0.5 Bonus Pounds\*

## Emotional Eating and Stress Management

*Linda Wetzel, LMNT*

Explore and learn to understand the triggers to emotional eating in your life and the relationship between food and feelings. You will learn some of the causes of emotional eating and be equipped with some tools to help you overcome the urge to overeat. We will also discuss stress management techniques to help you manage your life more effectively.

Northeast Community College-Lifelong Learning Center

Tuesday, February 2nd

7-8pm

\*0.5 Bonus Pounds\*

## Take it to Heart

*Dr. Thomas Brandt*

Did you know that heart disease is the number one killer in the United States, and many of our lifestyle choices contribute greatly to this disease? Come and learn about the disease process and what you can do NOW to decrease your chances of developing this disease. It's never too late to start caring for your heart!

Northeast Community College-Lifelong Learning Center

Tuesday, February 9th

7-8pm

\*0.5 Bonus Pounds\*

## Biggest Loser Day

*Amy and Marty Wolff*  
From NBC's hit reality show,  
"The Biggest Loser"



Amy and Marty will begin by discussing their experience on "The Biggest Loser" and share their take on weight loss and how to keep it off. Then we will all workout biggest loser-style! (The workout is optional, but will be fun!) **Space is limited in each session, so pre-registration is required!** \*The top individual male, female and team biggest losers as of the 2/24 last weigh-in will get lunch with Amy and Marty!\*

Norfolk Family YMCA

Saturday, February 27th

2 Sessions available-times TBA

\*2.0 Bonus Pounds\*

## A Realistic Body Image for Women

### AND Men

*Linda Wetzel, LMNT*

This class is all about understanding our body image and how it affects our daily lives. The way we perceive ourselves to look is usually far from the actual image of our bodies. This false image can hinder us from accomplishing many things in our life from trying new things, reaching our goals, wearing certain clothes and even exercising. Begin to learn how to accept yourself and your body and embrace who you are!

Northeast Community College-Lifelong Learning Center

Wednesday, March 3rd

7-8pm

\*0.5 Bonus Pounds\*

## Don't Fall for Fitness Myths

*Michaela Wurdinger, Certified Personal  
Trainer*

Join us for an interesting, educational and at times funny hour as we uncover the truth behind the most common myths.

Northeast Community College-Lifelong Learning Center

Wednesday, March 17th

7-8pm

\*0.5 Bonus Pounds\*

## Waist Management Awards Ceremony

*Mary Kay Uhing*

Join us for an inspirational and motivation journey as we recognize all your hard work and dedication! We will reveal the Waist Management Winners: Male, Female and Team. You are encouraged to invite your family and friends to share in this recognition night.

**Northeast Community College-  
Lifelong Learning Center**

**Wednesday, March 31st**

**7-8:30pm**

# Norfolk Family YMCA Waist Management 2010 More "Bonus Pounds"

## Nutrition Guidance

**\*1.0 Bonus Pounds\***

**Due Wednesday, January 13th**

Record your food/beverage intake for at least one 24 hour period and enter it in one of the following websites, print off the results and turn in. Try to record food intake on a typical day for you. Remember, this is a starting point for you to see how your current diet compares with recommended intake. Both websites also have a physical activity tracking area that you are also encouraged to use, but is not required for Bonus Pounds.

**MAKE YOUR APPOINTMENT TO DISCUSS YOUR  
NUTRITION JOURNAL WITH A WAYNE STATE  
NUTRITION STUDENT JANUARY 18TH-29TH.  
HURRY-SPACE IS LIMITED!**

[www.fitday.com](http://www.fitday.com)

Create a free account and set up your profile. Find the foods/beverages that most closely match what and how much you consumed for the entire day. Print off your results for one day along with the pie chart provided and turn it in.

[www.mypyramid.gov](http://www.mypyramid.gov)

At this free website, click on MyPyramid Tracker, under Assessment click on assess food intake. You will need to register as a new user if you have not used this website before and enter your profile information. Select foods/beverages that most closely match what and how much you ate that day. Save and Analyze your intake and print off the Nutrient Intake to turn in.

## Waist Management Boot Camp Day

**1.0 Bonus Pounds\***

Norfolk Family YMCA East Gym

**February 9th, 11th, 16th and 18th**

**5:45am-6:45am**

Challenge your mind and your body with a taste of Boot Camp. This is a great way to mix up your workouts and change the shape of your body. *You will receive 1.0 Bonus Pounds for attending 3 out of the 4 Boot Camp days.*



## YMCA Group Exercise Challenge

**\*1.0 Bonus Pound for 1st Place Individual & Each Team Member\***

**\*0.5 Bonus Pound for 2nd Place Individual & Each Team Member\***

**\*0.25 Bonus Pound for 3rd Place Individual & Each Team Member\***

**March 1st-March 26th**

Attend as many group exercise classes as you can between March 1st and March 26th. Each time you attend a class you get a point. The class instructor must initial that you attended to make that point valid. For teams: multiple team members can attend the same class-each person gets a point for being there. Personal training sessions will also count as group exercise classes for this challenge! Forms must be turned in by Saturday, March 21st. A current fitness class schedule can be picked up at the YMCA or viewed on-line at [www.norfolkymca.org](http://www.norfolkymca.org).

## Weekly Weigh-ins

**\*0.25 Bonus Pounds per weigh-in\***

**Every Wednesday from 5:30am-8pm**

**(January 6th-March 24th)**

**Norfolk Family YMCA Fitness Office**

Simply attend a weekly weigh-in at the YMCA during the scheduled times-no appointment necessary-just show up anytime during weigh-in hours. Not only will you earn Bonus Pounds, but you will be entered for the weekly prize drawings. *Fitness staff will be available 5:30-8:30am and 4-8pm on Wednesdays-outside these times, please see the front desk.*

## Weekly Fitness and Nutrition Journal

**\*0.25 Bonus Pounds per week\***

**Due every Wednesday @ your weigh-in**

**(January 6th-March 24th)**

You may record your weekly food intake and physical activity using any method you choose: a hand written journal, a website or spreadsheet. A copy of your weekly journal must be complete and presented at your weigh-in that week to receive Bonus Pounds.

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Challenge

March 1st-March 26th

Name: \_\_\_\_\_ Team Name (if applicable): \_\_\_\_\_

You have 25 days to attend as many group exercise classes as possible. Personal training sessions count as group exercise classes during this challenge! Complete the information below and turn it in by Saturday, March 26th. The instructor must initial the class for your attendance to be valid.

	Class	Date	Time	Instructor's Initials
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24				





Norfolk Family YMCA  
301 W Benjamin Ave  
Norfolk, NE  
402-371-9770  
[www.norfolkymca.org](http://www.norfolkymca.org)

**15% off**  
**Personal Training Services**

**This coupon is valid for Waist Management participants ONLY**  
*Expires 3/6/010*  
*Sessions must be used within 6 months of purchase.*



Norfolk Family YMCA  
301 W Benjamin Ave  
Norfolk, NE  
402-371-9770  
[www.norfolkymca.org](http://www.norfolkymca.org)

**15% off**  
**YMCA EXTREME BOOT CAMP**

**This coupon is valid for Waist Management participants ONLY**  
*Expires 2/28/10*  
*May not be combined with other discounts.*

## Program Details

The initial weigh-in is required to be eligible for the Grand Prize. *You must sign up for your initial weigh in at the front desk or when you register for the program.* Please plan on approximately 20 minutes for your initial weigh-in which will include height, weight, BMI, body fat analysis, girth measurements, and blood pressure. If you cannot make any of these times for your initial weigh-in, you must call the YMCA to schedule your weigh-in time. Attire for weigh-ins: shorts and short sleeve t-shirt.

Weekly weigh-ins will be offered with a fitness staff member every Wednesday from 5:30am-8:30am and 4pm-8pm and will include only weight and periodic body fat and girth measurements. You may weigh in at other times on Wednesdays, but are will not be guaranteed to meet with a fitness staff members. The weekly weigh-ins are optional, but recommended. If you choose to have your information featured as part of the contest, you must be weighed by the YMCA staff. You may have time to discuss your week with the staff, but if you would like detailed, personal fitness information, please take advantage of purchasing personal training services at a discount (available for Waist Management participants only).

The final weigh-in is required to be eligible for the Grand Prize and will be held March 24th-26th. You must sign-up for your final weigh-in at the front desk. Again, please plan on approximately 20 minutes for your final weigh-in which will include the same measurements as the initial weigh-in. If you cannot make any of these times for your final weigh-in, you must call the YMCA to schedule your weigh-in time.

The Waist Management Winner will be awarded to both the male and female participant with the greatest percentage of weight loss (including bonus weight loss pounds earned from attending activities), not necessarily the participant who loses the most weight in pounds. In the event of a tie, the tied winners' names will be drawn randomly to determine the Grand Prize winner. The Biggest Loser Male and Female will each receive \$500 cash and a one year YMCA Adult membership. The Biggest Loser Team will win one Wellness Prize Package valued at \$200 to be shared by the team. Only participants registering as an individual will be eligible for the Grand Prize and Waist Management Winner title.

The entry fee is \$65 for any YMCA member and \$165 for non-members. Non-members will automatically receive a general adult membership for the duration of the program! All participants must be at least 18 years of age. No refunds will be given for any reason once a participant has been registered for the program. All participants must fill out the Official Registration Form and Waiver completely including e-mail, signature and date. The program is limited to the first 200 registrations (including team members), but we must have at least 60 participants to run the contest.

All demographic information will be kept confidential unless otherwise noted by you on the form in this packet.

Health tips and program information/updates will be sent out via e-mail. Speakers on various health topics will be scheduled throughout the contest. Take advantage of these educational and informational sessions as much as possible. Any extra printed materials from the event will be available at the YMCA and will also be available on the YMCA website if provided by the speaker.

Bonus Pounds will be assigned to each event offered during the 2010 Waist Management program. Earn Bonus Pounds by attending activities and your Bonus Pounds will accumulate and be subtracted from your final weigh-in, to give you an additional weight loss total. Pound values are listed with the activity information. Any events not yet scheduled will be assigned pound values at the discretion of the fitness staff. It is your responsibility to check-in when attending an event and have your bonus pound sheet signed to receive your Bonus Pounds.

