



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## A Community Weight Loss Competition January 5, 2012 – March 15, 2012



# Team Lean 2012

## Weekly Weight Chart

Use the table below to record your progress throughout the 10 week competition.

Remember that a healthy rate of weight loss is approximately ½ - 2 pounds per week

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

Record at each weigh-in site by a Team Lean Official		Record by participant		Free screenings offered January 5 and March 15			
	Weight	Pounds lost this week	Pounds lost total	Blood Pressure	Flexibility	Body Fat percentage	Waist Measurement
Initial Weight							
January 5							
Week 1				X	X	X	X
January 12							
Week 2				X	X	X	X
January 19							
Week 3				X	X	X	X
January 26							
Week 4				X	X	X	X
February 2							
Week 5				X	X	X	X
February 9							
Week 6				X	X	X	X
February 16							
Week 7				X	X	X	X
February 23							
Week 8				X	X	X	X
March 1							
Week 9				X	X	X	X
March 8							
Week 10							
March 15							

# TEAM LEAN 2012

## What is Team Lean?

- Team Lean is a 10 week weight loss competition sponsored by the YMCA of Greater Spartanburg.
- Team Lean will begin on Thursday, January 5, 2012 and will end on Thursday, March 15, 2012.
- Teams of four people or individuals compete to lose the highest *percentage* of weight during the competition.
- Cash prizes are given to the top teams and the top 3 males and top 3 females at the end of 10 weeks. Team winners will be based on a percentage of participants. Prizes are awarded at the Team Lean Finale. The finale will be held at the Pine Street YMCA March 22, at 5:30pm.

## How does Team Lean work?

- Each participant must weigh-in each week.
- The cost is \$50 if paid by January 5, 2012 (Financial assistance is available; inquire at the member service desk).
- Registration is December 1 – January 5, 2012. Late Registration is January 6 – January 12, 2012. Late registration fee is \$60. T-shirts will be given at the Grand Finale to everyone who completes the program.
- For every pound gained, participants must pay \$1.
- For every weigh-in missed, participants must pay \$5.
- Cash prizes are distributed at the Finale to the top teams and the top 3 males and 3 females in the individual category.
- We will also give an overall trophy to the winning company with the highest % weight loss. This trophy will be a traveling award and will be given to the winning corporation each year.
- Any business that has 20 or more signed up for Team Lean will be offered on-site weigh-ins on Thursdays from 12-1pm, beginning January 12.

## Why is Team Lean successful?

- All weights are held confidential. (Not even shared with team members).
- Team efforts motivate participants to stay focused on losing weight through diet and exercise.
- Cash prizes motivate participants to remain competitive throughout the 10 week program.
- Participants choose their own diet and exercise program.

## Are Nutrition and Exercise Classes Offered?

- Participants will be given one guest pass per week at weigh-in and are encouraged to attend fitness classes and use cardio equipment at the Y until March 17, 2011.
- Healthy recipes will be available to pick up at weigh-ins.
- One nutrition Health Talk will be offered at the Pine Street Y and at the Middle Tyger Y.

## Who can join Team Lean?

- Anyone 13 years of age or older may participate.
- Participants can choose to compete as a team or as an individual.

## What are the Team Lean rules?

- All participants must be at least 13 years of age by January 5, 2012.
- Participants between the ages of 13 and 17 must have parental and physician release form signed before January 5, 2012.

- All participants will weigh-in at either the Middle Tyger YMCA or the Pine Street YMCA.
- Photo ID must be presented at all weigh-ins.
- The initial weigh-in will be at the Team Lean Kick Off on Thursday, January 5, 2012 from 11:30am-1:30pm and 4:30pm-6:30pm. The week 1 weigh-in will be Thursday, January 12, 2012. All weigh-ins will be on Thursdays.
- Weigh-in times for weeks 1-10 will be 6:30am-8:30am, 11:30am-1:30pm, and 4:30pm-6:30pm. There will not be any make up times or dates for missed weigh-ins.
- If the Y closes due to inclement weather before all weigh-ins have been completed on the specified weigh-in day, all weigh-ins from that day will not be counted.
- Everyone must weigh in weekly. A \$5 penalty will be charged for each missed weigh-in. This \$5 will be due the following week or at the next weigh-in you are present, which ever is first, along with any other monies owed.
- Any penalty money, for either a missed weigh-in or pounds gained, must be paid the following week or at the next weigh-in you are present, which ever is first. **Participants will not be weighed in if monies are not paid.**
- If you are unable to make the initial weigh-in at the Kick Off, you may weigh in that Thursday on January 12 and that will be your initial weight. Participants may not join the program after January 12, 2012 (the week 1 weigh-in).
- Participants may only weigh in once per week on only one scale.
- Only participants will be weighed (no family members or friends).
- No disrobing allowed during weigh-ins. If removing shoes and jewelry, do so before entering the weigh station.
- T-shirts and shorts are recommended for the weigh-ins.
- Shoes, belts, jackets, jewelry, and excessive clothing must be removed before entering initial weigh station.
- Healthy eating and exercise are encouraged.
- Drastic weight loss and unhealthy weight loss practices are discouraged.
- No sabotaging other teams.
- Participants are responsible for bringing their Team Lean folder each week to record weight. Weights will not be given out any other time.
- If a team loses 2 members, the team will be dissolved and the remaining members will be moved into the individual category.
- All fees are non-refundable. No exceptions.
- YMCA employees may participate in the Team Lean competition.
- The Team Lean Committee has the right to make changes or clarifications to the rules at any time.

### **How Will I Know My Standings?**

- The top 5 teams and the top 5 males and females in the individual category will be posted through week 6. (Postings will be available on the YMCA website: [www.ymcaspartanburg.org](http://www.ymcaspartanburg.org))
- Individual percentages will not be made available until the end of the 10 weeks.
- Postings each week are for that week only – not cumulative.
- The only cumulative posting will be at the end of the 10 weeks.
- Percentages will not be given out at any other time. Please do not call for your percentage, as it will not be given out.

### **Why Would I Be Disqualified?**

- Missing more than 3 weigh-ins during the competition. (If you are disqualified you can still participate, but you will not be eligible for overall prizes).
- Pregnancy
- Any surgery resulting in significant weight loss.
- Adding hidden weight on initial weigh-in.

### **What If Team Members Drop Out?**

- Team members cannot be replaced.
- One member per team may drop out before the 5<sup>th</sup> week without penalizing the rest of the team.
- After the 5<sup>th</sup> week, team members may drop out; however their weights will be calculated into the team's total weight, which may lower the team's weight loss percentage.
- If you weigh-in at the 5<sup>th</sup> week weigh-in, your weight will be calculated into the team's total weight for the remainder of the competition.
- If a team loses 2 members, the remainder of the team will be moved into the individual category and will no longer be eligible for team prizes. However, they will still be eligible for top 3 male and female prizes.

### **What Are The Benefits of Team Lean?**

- Weight loss and regular exercise lead to better health.
- Team competition promotes camaraderie, encouragement, and motivation among team members and others.
- Healthier people have less medical expenses, which may decrease health insurance premiums.
- Weight loss leads to more energy, increased productivity, and higher self esteem.

### **Added Benefits:**

- Free blood pressure, flexibility, waist to hip ratio, and body fat measurements will be done at the beginning and ending of the competition for those interested.
- Weekly door prize drawings for people who weighed in and lost weight that week. Winners will be posted on the website and at both YMCAs.
- One Health Talk on nutrition will be offered at the Middle Tyger YMCA and the Pine Street YMCA .

### **How Do I Register?**

- Each participant will complete and sign a registration form by January 5, 2012. Late registration will be from January 6, 2012 - January 12, 2012. **Registrations will not be accepted after January 12, 2012.**
- Completed forms may be turned in as soon as December 1, 2011.
- You may sign up as an **individual** or as a **team of 4 people**.
- Choose a unique team name.
- You must form your own team. Team Lean Coordinators will not place you on a team.

### **Who Should I Contact for More Team Lean Information?**

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Pine Street YMCA  
864 585 0306

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