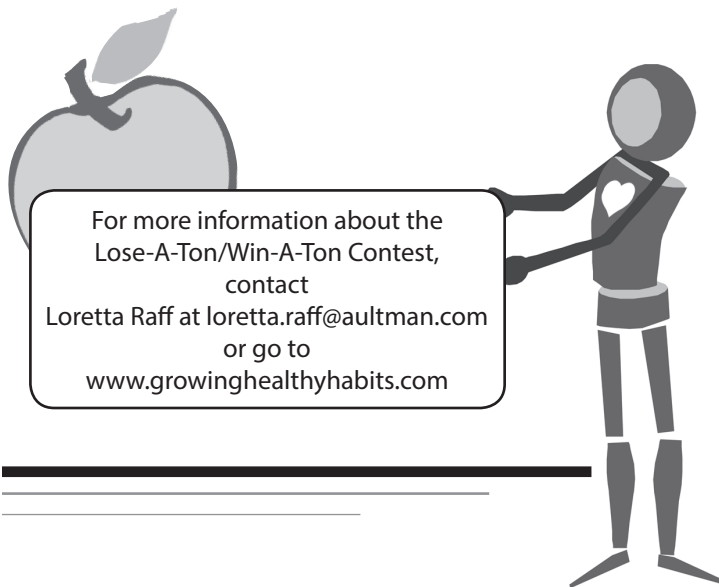


## THE RULES

1. Each team consists of 7 (minimum) – 10 (maximum) people, (aged 18 or older).
2. Entry fee of \$20 per person -includes a t-shirt.
3. One Team Captain is designated per team.
4. Teams will be identified by a creative name (developed by each team).
5. Weights and BMIs are measured at the start of the program and at the end by the Team Captain and are confidential.
6. The Team Captain will collect the team data and money to turn in with the registration form. The deadline for registration is Dec. 23, 2016. Please contact Loretta Raff at [loretta.raff@aultman.com](mailto:loretta.raff@aultman.com) or 330-684-4789 for alternative registration instructions.
7. To be eligible for the Grand Prize, each team member must lose at least 5 pounds OR maintain a BMI (body mass index) of 26 or less. Names of teams meeting this criteria will be placed in a random drawing for the Grand Prize.
8. First 200 participants will receive a Growing Healthy Habits pedometer.



For more information about the Lose-A-Ton/Win-A-Ton Contest, contact Loretta Raff at [loretta.raff@aultman.com](mailto:loretta.raff@aultman.com) or go to [www.growinghealthyhabits.com](http://www.growinghealthyhabits.com)

## ABOUT US

Our mission...

"...to serve as the catalyst for improving decisions about fitness, nutrition, & a healthy lifestyle made by individuals, groups, and institutions within the Greater Orrville Community."



Mail or drop-off Registration Form to:

Attn: Loretta Raff  
Director of Population Health  
Aultman Orrville Hospital  
832 S. Main St.  
Orrville, OH 44667

Registration information can be obtained on our website at [www.growinghealthyhabits.com](http://www.growinghealthyhabits.com)

Or stop by one of the following sites:

- Aultman Orrville Hospital
- Orrville Sports and Wellness
- Orrville YMCA
- Aultman Dunlap Family Physicians
- Affinity Family Practice Center
- Heartland Point
- Orrville Public Library
- Orrville Area Chamber of Commerce
- Zephyrs

 **AULTMAN**  
ORRVILLE HOSPITAL



# REGISTRATION

## LOSE-A-TON/WIN-A-TON CONTEST

Dec. 1, 2016 - Dec. 23, 2016



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

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

Address of Team Captain: \_\_\_\_\_

\_\_\_\_\_

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

E-mail (Required): \_\_\_\_\_

Team Members: (The Captain is person #1)

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

7) \_\_\_\_\_

8) \_\_\_\_\_

9) \_\_\_\_\_

10) \_\_\_\_\_

Corporation represented (if applies): \_\_\_\_\_

Amount Paid: (\$20 each incl. t-shirt) \_\_\_\_\_

(Deadline for registration Dec. 23, 2016)

Please make Checks payable to Aultman Orrville Hospital

T-shirt sizes (all team members):

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_

XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_

Please return this form to: Attn: Loretta Raff, Director of Population Health, Aultman Orrville Hospital, 832 S. Main St., Orrville, OH 44667 For more information, please visit: [www.growinghealthyhabits.com](http://www.growinghealthyhabits.com)

Team Captains or a team member may register the team; the money is due at the time of registration.

# THE GOAL

Let's get fit, Orrville and surrounding communities! Obesity & lack of exercise is the second leading active cause of death in the U.S. behind tobacco use. We can do better! The "Growing Healthy Habits" is sponsoring a community-wide effort to improve health & fitness.

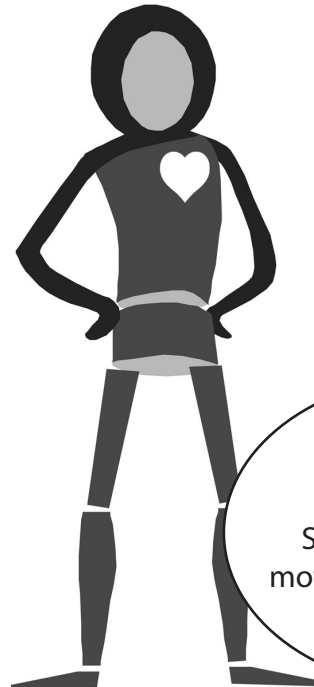
### GOALS FOR COMMUNITY:

- Collectively lose more than 2,000 pounds of extra weight! Our community has lost over 5000 lbs in previous weight loss challenges.
- Random weekly prize drawings for team members.

### GOALS FOR INDIVIDUALS:

- Lose at least 5 pounds OR
- have a BMI (body mass index) of 26 or less

Since it is difficult to lose weight individually, we would like community members to form teams of seven to ten individuals. It is the responsibility of the team to make sure that every one of its members meets the above goals at the conclusion of the contest period.



All participants will receive a FREE t-shirt!

Team Captain motivational meetings every other week!

Healthy Tip:  
Stay active and keep moving forward mentally and physically!

# THE PRIZE

The Lose-A-Ton/Win-A-Ton Contest will run from January 3, 2017 through March 31, 2017. At the end of the three month period, the results will be tallied. All teams whose members meet their goals will be entered into a drawing for the Grand Prize of TWO THOUSAND DOLLARS!

### PRIZES:

- Grand Prize of TWO THOUSAND DOLLARS will be awarded to one eligible team by a random drawing.
- This is a group effort, and everyone will win better health – which is priceless!
- Other incentives & prizes to be announced.

**Team Captains!**  
Team Captains are welcome to bring along other team members with them to these meetings.

**Captains Meeting Schedule:**  
January 11, January 25  
February 8\*\*, February 22  
March 8, March 22

12:00 - 1:00 p.m. in AOH Community Room.  
Please feel free to bring your lunch or obtain your lunch at the AOH cafeteria and attend the meeting.  
\*\* Feb. 8th Captains' Meeting will be held at the Orrville YMCA.

