



Jefferson
Park & Recreation
Department

An Affiliate of  UnityPoint Health

2020 Lifestyle Challenge

Sponsored by Greene County Medical Center and the Greene County Community Center

- WHAT:** Lifestyle Challenge—Helping you improve your health and wellness through weight loss, exercise, and good nutrition.
- WHEN:** Initial weigh-in is Friday, January 3, 2020 @ the GCCC at 6:30-9am; and 3:30-5:30pm.
- LENGTH:** 9 Weigh-Ins (January 3 to February 28) on Fridays @ the GCCC (Weigh-in times: 6:30-9am, 3:30-5:30 pm)
- WHO:** TWO to SIX persons make up a team and may consist of male, female, co-ed, family, co-workers or anyone who wants to improve their health by exercising and/or losing weight. You do NOT need to be an GCCC member to participate, however GCCC members will have the advantage of using the GCCC amenities for their weight loss and exercise goals.

\$40.00 per INDIVIDUAL (**Employee Group Discount: \$30.00 per individual if entry fee is paid by employer check**— contact Nathan Kral or Denny Hammen at the GCCC for employee group information—employee groups do not to be on the same team or with fellow employees—just need to have entry fee paid by employer check.). The GCCC will gladly invoice a business for their employees.

What you get for your investment:

- Weekly weigh-ins at the GCCC to keep you accountable
- Weigh-ins will be at the GCCC from 6:30-9 am , and 3:30-5:30 pm each Friday.
- We will track and record weight loss percent (not individual weights) and Body Fat percent.
- Stress management classes and Instructor lead fitness classes to help you reach your goals.
- Team and individual give-a-ways, contests, and prizes throughout the competition.
- Workout of the Week
- Pertinent health and wellness information provided
- Healthy recipes with samples



Greene County Medical Center & GCCC Lifestyle Challenge 2020 Registration

Participant Name: _____

Teammates: _____
(Teams of 2-6)

Team Name: _____

Phone: _____

E-mail Address: _____

(Required)

Payment is **REQUIRED** with registration! (Unless paid by employer)

Paid _____ (\$40.00 per individual, \$30 if paid by
your employer's check or credit card.)

If your employer is paying, please complete information below:

Employer Name: _____

Contact Person Name: _____

15550 G- Lifestyle Challenge

Each Participant MUST complete a form.

RETURN THIS FORM TO THE GCCC

To speed up initial weigh-in day, early registration is recommended prior to Jan. 3



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