

FMWR Sports & Aquatics' New Year's Resolution Solution!

IMPORTANT DATES!

Registration: 1 - 18 December 2009
0800-1700 at Gaffney Fitness Center

Captain's Meeting: 1100 on 6 January
at Gaffney Fitness Center

Competition Winners Declared:
1100 on 10 March
at Gaffney Fitness Center

Event Goal:

Dump Your Plump

is an eight week wellness program uniquely designed to promote a healthy lifestyle through exercise and healthy dietary habits for the Fort George G. Meade community.

Eligibility:

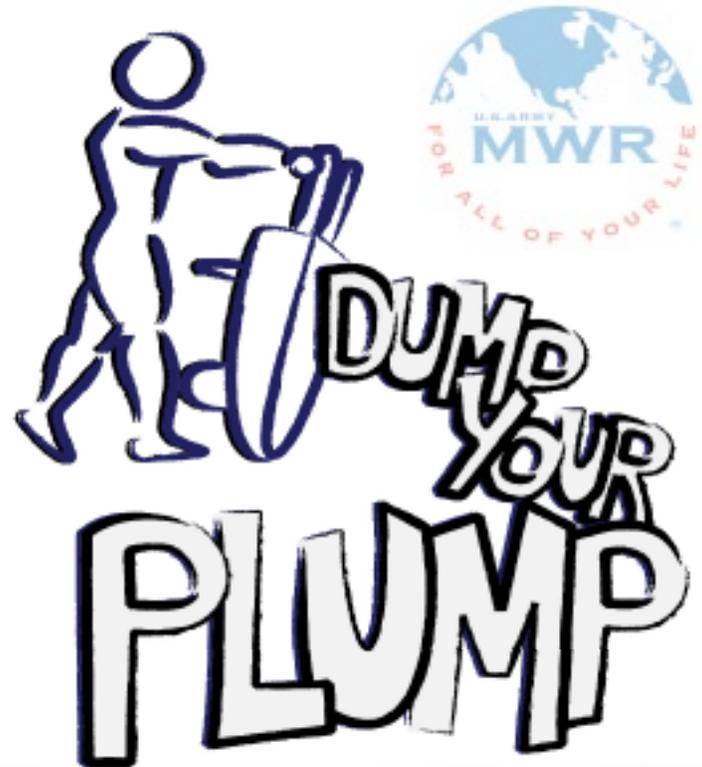
Open to all eligible FMWR patrons eighteen years and older.
Open to all Fort Meade/NSA military and their family members, DoD civilians, and Fort Meade contractors.

Cost:

There is no charge to participate in the competition, nor to use the fitness facilities.

Program Information:

- Team or male/female individual competition.
Individual's rules are same as team rules.
- Teams will consist of four people. You may also participate individually if you can not form a team.
- Each team will select a captain who will serve as the point of contact for the team. This person must attend the Captain's Meeting to be held on 6 January at 1100 in the Gaffney Fitness Center
- Each team will create their own team name.
- Each team member must weigh-in once per week.
- Each contestant of the New Year's Resolution Solution: Dump Your Plump will receive a free incentive prize.



12 January through 4 March 2010

Weigh-in Information:

- All weigh-ins conducted in private and all information will be confidential.
- Weigh-ins will take place Tuesday or Wednesday at Gaffney Fitness Center.
- Weigh-ins must take place on the same scale on a weekly basis to ensure accurate information and to promote a regular work-out routine.
- All team members must have their information recorded and initialed by a designated recreation assistant. All "Before & After Hours" contestants must place their weigh on a slip in the drop box that is located just outside the Sports Office.
- If any team member fails to weigh in once per week one pound will be added per occurrence to the final weight.
- One pound will be added for each failure to weigh in. Missing three consecutive weigh-ins will result in elimination.

Workouts - Exercise:

- Workouts may occur at any fitness center but teams/individuals must physically weigh-in at Gaffney Fitness Center.

Substitutions:

- Any participant substitution must be approved through Ms. Brandie DeRemer, FMWR Sports Director or Ms. Lauren Raymond, FMWR Aquatics Manager.

Awards & Prizes:

- Winners will be determined by overall total percentage of weight loss determined at the final weigh in.
- Prizes are awarded to the first through third place team winners, and the first and second place male and female individual competitors.
- Special prizes will be awarded to the "Overall Winner."

For further information, go online to www.ftmeademwr.com
or call the FMWR Sports Office at 301-677-2634/ 7916/ 3318

