

Official Program Rules

REGISTRATION

Open to youth and adults, ages 5 years and up.

Everyone must register as an individual.

Registration opens at the Healthier You Kick Off on Saturday, January 25th 4:00-7:00pm at the Civic Center.

Registration will remain open until Saturday, February 8th. Early registration prior to the Healthier You Kick Off will not be accepted. All participants have two weeks to register from the start of the program and to create their online profile.

In order to log Smoke Free Days on your online profile you must first register for the Smoke Free competition. If you intend to participate in the Smoke Free program but forgot to check the appropriate box on your registration form please email us at info@healthieryouvaldez.com and request to be added to the Smoke Free Program.

TEAMS

Up to 10 participants can join together to form a team. Each team must have a team captain responsible for being a point of contact and for declaring team member names.

Participants wishing to be part of a team need to register and declare team membership before February 8th. This deadline applies to all participants creating a new team, joining an existing team or switching from one team to another.

WEEKLY E-NEWSLETTER

The Weekly E-Newsletter will include: upcoming Healthier You Sponsored Activities, weekly prize winners, healthy recipes and more!

The e-newsletter will be emailed to all participants.

The e-newsletter will also be available to view online at the Healthier You website.

SPONSORED ACTIVITY

All Sponsored Activities should be free and open to the public, promote a healthy lifestyle through an activity or education, and not primarily be an advertisement for goods or services. Parks & Recreation has final say on approval of all Healthier You Sponsored Activities. If you have an activity that you think should be a Healthier You Sponsored Activity, please contact the Healthier You organizers at info@healthieryouvaldez.com.

Approved Healthier You Sponsored Activities will be listed on the Healthier You website at www.ci.valdez.ak.us/HealthierYou.

The Sponsored Activities will also be listed weekly in the weekly e-newsletter.

THE HEALTHIER YOU LEADER BOARD

New this year! A leader board will be displayed online! To find it, click the Leader Board tab. A leader board will also be displayed at the Healthier You Check-in location displaying the names of the leading individuals and teams.

The Leader Board will be updated each week during the competition.

The Leader Board will display the following information:

Individual Weight Loss: the top 15 leaders with the most weight loss points will be ranked from highest to lowest.

Individual Activity Points: the top 15 Leaders with the most Activity Points will be ranked from highest to lowest.

Individual Smoke Free Days: the top 5 individuals participating in the Healthier You Smoke Free Days program will be posted on the Leader Board from highest to lowest by total number of smoke free days.

Team Rankings: the top 20 teams from highest to lowest by total points.

The Leader Board will be calculated based on the data gathered during check-ins and online logging from the preceding week.

Participants who skip weekly check-ins or do not log their activity points online on a weekly basis may not see their progress reflected accurately on the Leader Board.

The Leader Board is for motivation only, and may not reflect the final results of the program.

No participant's weight will be displayed on the Leader Board.



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CHECK-INS AND LOGGING POINTS

Required Check-ins:

The first required check-in will take place during the participant's initial registration and will serve as their starting weight.

The second required check-in must take place within the final 3 weeks of the program (March 30th – April 17th) to record the participant's final weight.

Participants are encouraged to check-in on a weekly basis to track their progress. Check-in can occur Monday – Friday 5:00AM- 8:45PM at the PWSCC Health & Fitness Center.

Logging Points Online:

After completing the required registration and initial weigh-in, participants must go online to healthieryouvaldez.com to create an online profile.

All participants must create an online profile by Saturday, February 8th.

Once registered online, participants can log all of their activity points from any location with internet access. Weight information is collected and recorded during weekly check-ins at the PWSCC Health & Fitness Center. Paper weekly logs will be available for those without computer or internet access. If you are not able to participate in online logging at Healthier You online, please contact us at 835-2531 or email info@healthieryouvaldez.com. Those approved to use the paper logging system will still be eligible for weekly prize drawings every week they check in.

Opting out of the Required Check-ins:

HY requires at least 2 check-ins to calculate weight loss points and to provide statistics necessary for acquiring the grant that funds this program. For these reasons we require all participants to complete a first and final check-in. Participants who do not complete both the first and final required check-ins will not be eligible for Healthier You prizes.

Youth: All youth (participants up to age 18) may opt out of the required check-in information by checking and initialing (parent or guardian) the opt out box on the Healthier You registration form. If the opt out box is not checked, a first and final check-in will be required for prize eligibility.

Adults: Adults may opt out of the required check-ins only if they provide a note to Healthier You admin from a health professional (a doctor, psychiatrist, etc) explaining that it would be beneficial for the participant to not participate in the first and final required check-ins. If a note is provided, the participant must still check-in to verify program participation but no weight will be taken.

HOW DO YOU EARN POINTS?

Activity

Participants will earn 1 activity point for every 20 minutes of physical exercise.

Cumulative points are allowed, so if you take an 1 hour spinning class, you earn 3 points. These points are recorded on the honor system. This should be **continuous** activity that raises your heart rate.

Examples of activities that earn points:

Walking at a brisk rate, Zumba, sports, running, snowshoeing, skiing, lap swim, cycling, weight lifting if maintaining raised heart rate (quick circuit training), dance, etc.

Examples of activities that don't count for points:

Hanging out in a pool where you aren't maintaining activity, Wii bowling from the comfort of your couch, etc.

Questions if something should count or about the points? Send an e-mail to info@healthieryouvaldez.com, and we'll let you know!

Please Note: Half points will not be counted.

For participants logging activity points from an active job, the following criteria must be met: 1.) the activity must raise one's heart rate for 20 min or more continuously, with no rest breaks; 2.) no more than 3 hours from an active job may be counted per day.



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For youth participants in a PE class, PE class time may not be counted towards activity points. For participants in a structured sport activity such as a Valdez City School District Sponsored sports or Valdez Youth Basketball, activity points may be earned if the following criteria are met: 1.) the activity must raise one's heart rate for 20 min or more continuously, with no rest breaks; 2.) no more than 1 point may be earned for each hour of practice or competition time. All other activity points earned outside of these will follow the above guidelines.

By attending a Sponsored Activity, participants receive 4 Sponsored Activity points. Participants will add 4 total points to their Weekly Log total for each Sponsored Activity they attend, not 4 points plus activity points for the sponsored event.

Biometric screening, provided by SWAN is a Healthier You Sponsored Activity.

Biometric screening sign up will be available at the Kickoff and late registration.

The Biometric screenings will take place January 28th-31st and April 8th- 11th.

Points for Biometric Screening can be earned twice during each annual competition.

Throughout the program, there will be other opportunities provided for participants to receive BONUS Points! These will be posted weekly online and at the Healthier You check-in location. They may require various levels of participation in an event, activity, or by providing feedback such as logging in your personal Biometric Screening results into your online profile.

Weight Loss

Participants earn 5 points for every pound lost between registration and their final check-in.

Weight loss will be recorded at each in person check-in.

Weekly check-ins will help determine individual and team progress.

SMOKE FREE DAYS

Both Daily and Occasional users of Tobacco can accumulate Smoke Free days:

For daily tobacco users (those who smoke, use chew etc, every day) you can log a Smoke Free day each day you go a full 24 hours without using tobacco products.

For occasional tobacco users (those who smoke or use tobacco products frequently but not 7 days a week) you can log a Smoke Free Day each day (24 hours) that you reached for a tobacco product but decided against using it. You should not log more days per week than you usually use tobacco products. For both daily and occasional tobacco users *Smoke Free Days earned should reflect regular tobacco usage*. Healthier You smoke free days *only* count towards the drawing for the Smoking Cessation Prize, they are not counted with activity, weight loss and educational points towards other Healthier You Prize Drawings.

HEALTHIER YOU PRIZE CATEGORIES

Participants are required to complete the Healthier You program in order to be eligible for prizes.

Individual prize drawings will be based on the following age groups, 5-8yr; 9-12yr; 13-17yr; 18-29yr; 30-44yr; 45-59yr; and 60+yr. Additionally, the youth may have slightly different prize categories and additional weekly opportunities based on logging a minimum of 10 activities points each week.

Recognition Prizes

Recognition prizes will be given to the following top performers:

Top 3 individuals – *total number of activity points (open to all age groups; for 5-17yr age groups top male & female will be recognized)*

Top 3 individuals - *weight loss in pounds (only open to those participants 18+)*

Top 3 individuals - *weight loss in percentage of body weight (only open to those participants 18+)*

Top 3 teams – *total number of points (open to all participant age groups)*

Top 3 smoke free individuals-*total number of Smoke Free Days*



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Grand Prize Drawings

Participants earning a minimum of 100 points will be entered in the Grand Prize for their appropriate age group. Second Chance drawing is for participants 18+yr only. Winners may be required to complete a W9 for tax purposes.

K-TWO Prize (Keeping the Weight Off Prize) - Participants are eligible for entry into the K-TWO prize drawing if they meet the following criteria: 1.) competed in the previous year's competition; 2.) lost 5lbs or more of their body weight during that program; 3.) register for the current 2014 competition at the kickoff event on January 25th; and 4.) weigh-in at or below their previous end weight at the start of the current competition. The winner of the K-TWO prize will be selected and announced on Tuesday, January 28th. Since no weight information has been previously logged for youth participants, they are not eligible for this drawing.

Super Achiever Prize Drawing-Participants who achieve over 200 total points will be entered into the Super Achiever Prize drawing for their appropriate age group. Participants will receive an additional ticket for every 100 points earned over 200 points.

Over 25 Under 100 Prize Drawing- Participants who do not achieve the 100 points necessary to be entered into the Grand Prize Drawing can still win with the Over 25 Under 100 prize. Each participant who achieves 25-99 points and completes the required final check-in will have their name entered into the Over 25 Under 100 drawing for their appropriate age group.

Prizes will be awarded at the Healthier You Finale. Winners will be published in local and statewide media outlets including but not limited to newspapers, radio, and television and on the P&R and SWAN websites one week following the Finale.

SPECIAL CIRCUMSTANCES:

Medically Induced Weight Loss

Participation in the program for those who have undergone surgery or procedures for medically induced weight loss will be evaluated by Healthier You officials on a case by case basis. Individuals in the process of medically induced weight loss who would like to participate in Healthier You should check for approval prior to registering. All inquiries can be directed to info@healthieryouvaldez.com.

Pregnancy

We encourage women who are pregnant to participate in the program. Pregnant women can earn activity points during the entire competition; however a starting weight and weight loss points will only be recorded starting two weeks after delivery.

FINAL DECISIONS REGARDING RULES, DISCREPANCIES & DISPUTES

In all cases of fair play, rules clarification, and program operation, the situation will be reviewed by the committee and final decisions will rest with Parks & Recreation. The official published copy of the Healthier You Rules and deference to fair play and equality will be used in all decision making. If you have an issue regarding the program that you would like to bring before the organizers please email your question or concerns to info@healthieryouvaldez.com.

