***A Healthier Weigh in 2023***

***“A Healthier Weigh”*** is a 12-week program to promote health and fitness. Participants will be **Teams** or **Individual** adult (18 and older).

## Registration Fee is $40 per person; $80 per team of two; $160 per team of four

Team members will encourage each other to increase walking and other physical activity; complete lessons about nutrition, health and fitness; and stay focused throughout the 12 weeks.

* **Team** of 4 adults or 2 adults, or **Individual** (18 or older) - complete the Entry Form. Choose a fun, funny, or funky team name. Team names (not individual names) are used in publicity during the challenge. Team members will be identified with award publicity at conclusion of challenge.
* **Entries and payment are due to the County Extension Office prior to or at weigh-in.**

**Bent County/SE Area:** CSU Extension, 1499 Ambassador Thompson Blvd. Las Animas, CO 81054; Ph. 719-456-0764, Fax 719-456-1004; ariel.eddings@colostate.edu

**Kit Carson County:** CSU Extension, 817 15th Street, Burlington, CO 80807; Ph. 719-346-5571, Fax 719-346-5660; mckayla.stephen@colostate.edu

**Logan County:** CSU Extension, 508 S. 10th Ave., Suite 1, Sterling, CO 80751; 970-522-3200, Fax 970-522-7856; jaci.wagner@colostate.edu

**Morgan County:** CSU Extension, 914 E. Railroad Ave., PO Box 517, Fort Morgan, CO 80701; Ph. 970-542-3540, Fax 970-542-3541; katie.seelhoff@colostate.edu

**Phillips County:** CSU Extension, 22505 UW Hwy 385, PO Box 328, Holyoke CO 80734, Ph. 970-

854-3616, Fax. 970-854-4347; stephanie.starkebaum@colostate.edu

**Washington County:** CSU Extension, 181 Birch Avenue, Akron, Ph. 970-345-2287, Fax 970-345- 2288, anne.mason@colostate.edu

**Yuma County:** CSU Extension, 310 Ash, County Courthouse Suite B, Wray, CO 80758; Ph. 970- 332-4151, Fax 970-332-4165; joy.akey@colostate.edu

* **Weigh-In:** Participants’ weight and waist circumference will be measured to be used as a tool to show progress. Participants are weighed individually, so not all team members have to be present at the same time. **TENTATIVE: Please plan on the dates below, or contact the agent for updated and/or alternate scheduling, and/or procedures.**
	+ **Washington County –Tuesday. January 3rd,** Extension Office, 8:00 a.m. – 5:30 p.m.
	+ **Morgan County – Tuesday, January 3rd & Wednesday, January 4th –** Extension Center
	+ **Yuma County – Wednesday, January 4th -** WRAC, Wray, 11:30 am - 1pm and 4:30 – 6:00 pm
	+ **Logan County – Wednesday, January 4th & Thursday, January 5th –** Extension Center
	+ **Kit Carson County – Thursday, January 5th & Friday, January 6th -** Extension Office
	+ **Phillips County – Thursday, January 5th & Friday, January 6th -**Extension Office
	+ **Bent County – TBA -** Extension Office

## Participants at in-person weigh-in will receive a pre and post challenge **InBody** - Body Composition Analysis scan to provide details of lean body mass, body fat mass and water/hydration, & BMR. An optional mid-point scan will be available. County schedules to be announced.

* **Weigh-Out:** Participants will come in for final weight and waist measurements, InBody scan, and complete the Post-Survey. Weigh-outs will occur the week of April 3 – 7.
* To support participants with researched based nutrition and fitness information, on-line lessons are provided by Extension during the duration of the challenge. **In order to be eligible for prizes at the end of the challenge, ALL participants are required to complete 5 of the online lessons.**
* Members record daily step activity and report weekly to the Team Captain, who reports individual and total team steps for the week via email or fax to Extension Office. Individual participants report activity directly to the Extension Office. **Step activity may be tracked using a cell phone tracking app, wearable fitness tracker (Fitbit, Apple watch, Garmin, etc.), or a traditional pedometer. Pocket pedometers will be available from CSU Extension staff while supplies last. A conversion sheet will be provided for other fitness activities.**
* *“A Healthier Weigh”* ends Sunday after the 12th week of recording and reporting. Participant Weigh-Out and evaluation, Celebration event and Awards will be scheduled by each county. **Every team or individual who completes the challenge is eligible for Awards! The better you do, the more you earn!! Awards will vary per county.**

# If you are under a physician's care for any health condition that may affect your ability to participate in this program, we recommend approval from the physician before beginning.

* **If you have a disability for which you seek an accommodation, please notify Extension staff upon registration and prior to weigh-ins.**

We hope you will enjoy ***“A Healthier Weigh.”***

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