

# A Healthier Weigh in 2024



“A Healthier Weigh” is a 12-week program to promote health and fitness.

Participants will be **Teams** or **Individual** adults (18 and older).

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

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** - 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 your local Extension Office at weigh-in.**
- **Weigh-In:** Participants’ weight and waist circumference will be measured to be used as a tool to show progress. Contact the Extension Office for scheduling.
- Participants will receive a pre and post challenge **InBody** - Body Composition Analysis scan to provide details of lean body mass, body fat mass, water/hydration, & BMR.
- 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 at least 5 of the lessons.**
- Logan, Morgan, and Yuma County A Healthier Weigh officially starts **Monday, January 8<sup>th</sup>**.
- Kit Carson, Phillips, and Washington County A Healthier Weigh officially starts **Monday, January 15<sup>th</sup>**.
- Members record daily activity and report weekly to the Team Captain, who reports individual and total team steps for the week via the online step reporter or email. Individual participants report activity directly to the Extension Office again through the online step reporter or email. **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.
- **Weigh-out:** A Healthier Weigh ends Sunday, March 31<sup>st</sup>. for Logan, Morgan, and Yuma counties and April 7<sup>th</sup> for Kit Carson, Phillips, and Washington counties. Participants will come in for final weight and waist measurements and complete the Post-Survey during the week following their end date.
- 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 by January 3, 2024.

We hope you will enjoy “A Healthier Weigh.”

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