



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Did you know...reducing your weight by 7% can have significant impacts on your health?!

**WIN BY LOSING!**

Get a team together  
and register now!

# COMMUNITY WEIGHT RACE CHALLENGE



## 12 WEEK WEIGHT LOSS CHALLENGE

January 4–March 31

The **COMMUNITY WEIGHT RACE** is a competition that challenges teams of 3–5 participants to lose weight and create a healthier lifestyle. The only requirement of the challenge is to participate in initial, mid-way, and final weigh-ins!

**COST** \$20/Person • Members  
\$40/Person • Non-Members

Entry fee must be paid in full upon registration. Team members do not need to weigh-in together. Be prepared to enter your Team Name upon registration.

- INCLUDES**
- Tracking calendar for progress and success
  - Weekly virtual education sessions and workshops on exercise and nutrition
  - Fitness testing before and after to assess other indicators of health
  - Individual, group, and tele-coaching
  - Access to YMCA360—an online platform with hundreds of fitness and nutrition videos

In Partnership with:

**Advanced**  
Physical Therapy  
& Sports Medicine

**UWO** UNIVERSITY OF WISCONSIN  
OSHKOSH

**SUBWAY**

Aurora Health Care®

We are + AdvocateAuroraHealth

**FOR MORE INFORMATION** contact Brandy Hankey at [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org) or 920-230-8439.

OSHKOSH COMMUNITY YMCA [www.oshkoshymca.org](http://www.oshkoshymca.org)

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## LOSE WEIGHT & CREATE A HEALTHIER LIFESTYLE

### 4 WAYS TO WIN

- #1 EARN POINTS FOR PARTICIPATION:** Participate in workshops, virtual presentations, and complete challenges, and win! This is perfect for participants that want to be healthier and get in shape, but may not necessarily want to lose weight. Points at the end are used on a variety of prizes such as gift cards and Y swag.
- #2 LOSE 7% OF TOTAL BODY WEIGHT:** Any individual that makes the 7% mark will be recognized and receive a cash prize. *Losing as little as 7% can take you out of an 'at risk' category!*
- #3 LOSE 10% OF TOTAL BODY WEIGHT:** Any individual that goes the extra mile to lose 10% will receive a larger cash prize!
- #4 GRAND PRIZE:** If every member of a team loses at least 10% of total body weight they will win a TEAM CASH PRIZE.

## REGISTER

1. **CREATE YOUR TEAM:** Be prepared to enter your Team's Name. All team members must register separately.
2. **REGISTER ONLINE:** [www.oshkoshymca.org](http://www.oshkoshymca.org).
3. **WEIGH-IN:** Complete initial weigh-in January 4-5.

## IMPORTANT DATES

**JANUARY 4-5:** Initial weigh-ins & fitness assessments

**FEBRUARY 17-18:** Mid-way weigh-ins

**MARCH 30-31:** Final weigh-ins & fitness assessments



**FOR MORE INFORMATION:** contact Brandy Hankey  
[brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org), 920-230-8439