

**BLOOMSBURG AREA YMCA
2024 WEIGHT LOSS CHALLENGE
HANDBOOK**

WEIGH-INS

- 5am - 9pm on Wednesday, March 20, 2024, in the Youth & Senior Fitness Room (if using Bloomsburg Area YMCA scale.)
- All weigh-ins should be done on the same scale every week to ensure consistency; we recommend the Bloomsburg Area YMCA scale in the Youth & Senior Fitness Room, but any scale will do.
- A link from a Google Forms document will be provided which each participant should fill out every Wednesday by midnight. Responses will be seen by the Health & Wellness Director, Collin, only.
- The link to week 1 is provided below:
 - <https://forms.gle/R3QCFNzSMF1oQ8rC8>
- A new Google Form link will be emailed each week by Collin (cbenfield@bloomsburgy.org).
- Participants will submit their weights on the Google Form each week. Collin will calculate the % weight loss.
- THESE WILL BE KEPT CONFIDENTIAL.

PROGRESS POSTING

- Weekly progress reports will be sent via email to all participants, under the participant's given "secret name."
- 2 progress reports (week 5 & week 10) will be posted on Facebook with the participant's given "secret name."
- Real names will NEVER be posted.

GENERAL INFORMATION

- The 2024 Weight Loss Challenge is a 10 week weight loss competition hosted by the Bloomsburg Area YMCA.
- The 2024 Weight Loss Challenge competition begins Wednesday, March 20, 2024 and ends May 22, 2024. Winners will be announced on Wednesday, May 29, 2024.
- Prizes will be awarded to the following:
 - First place male (\$50 BAY Gift Card)
 - First place female (\$50 BAY Gift Card)
 - Second place male (\$25 BAY Gift Card)
 - Second place female (\$25 BAY Gift Card)
- Bloomsburg Area YMCA gift cards can be used on any Bloomsburg Area YMCA item/service (membership, programs, etc.)

REGISTRATION AND FEES

- Registration can be completed online, or by calling or stopping into the YMCA.
 - \$10 due at registration
- Fees must be paid by the initial weigh-in.
- There will be no refund to participants who quit the competition.

RULES

- All participants must weigh-in each week.
- This challenge is for Bloomsburg Area YMCA members only.
- If a participant is unable to make the designated weigh-in days and times during the week, they must contact Collin (cbenfield@bloomsburg.org) to arrange an alternate day and time.
- Weigh-ins can be made on whatever scale (at the Y or in their home) the participant desires.
- Fad diets promising rapid results are discouraged. They limit nutritional intake, can be unhealthy, and tend to fail in the long run.
- Healthy eating and exercise are encouraged.
- Emails on nutrition, exercise, and healthy weight loss will be sent each week.
- YMCA staff have the right to make changes or clarifications to the rules at any time.

DISQUALIFICATION

- Missing more than two weigh-ins total
- Missing the last weigh-in, unless prior approval from Collin
- Pregnancy
- Body Mass Index (BMI) below 18.5
- Any surgery resulting in significant weight loss
- Unhealthy weight loss practices

BENEFITS OF YMCA WEIGHT LOSS CHALLENGE

- Weight loss through proper nutrition and regular exercise leads to better health.
- Weight loss often leads to more energy, increased productivity, and increased self esteem. Healthier people have fewer medical expenses.
- Education on how to continue healthy weight loss after the challenge.
- Motivation to stay consistent in your weight loss journey

CONTACT WITH QUESTIONS OR CONCERNS

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