



Kosciusko FIT Guidelines

Kosciusko FIT is intended to be a community wide initiative of healthy weight loss and overall healthy lifestyle choices. Participants, although competing for prizes, are encouraged to adopt healthy eating habits and regular fitness activities that will last a lifetime. The following Coordinating Sponsors will come alongside participants to provide valuable education and accountability throughout the competition. Coordinating Sponsors are: Kosciusko Community YMCA, Kosciusko Community Hospital, Purdue Extension, and Warsaw Kosciusko Chamber of Commerce.

Competition is conducted in teams of 4 individuals, 18 or older. Participants without a team will be assigned to a team. Grand, 2nd, and 3rd place cash prizes are awarded to the teams with the highest percentage of weight loss (\$1,000, \$500, and \$250 respectively).

Weigh-Ins are MANDATORY in January and June for ALL the cash prizes. Each team member can miss ONE weigh in during the 6-month challenge, with the exception of January and June. If a team member misses the January or June weigh-in and/or misses more than one weigh-in, then the team will be disqualified from prize money.

Weigh-Ins take place the 2nd Thursday of each month, except for final weigh-in (see dates below)

Weigh-In Locations

*Kosciusko Community Hospital
Health and Wellness Center
Second Thursday: 6-8 am, 11-1pm, 5-7 pm
Educational Presentation: 6 pm
Conference Room A*

*Kosciusko Community YMCA- Smith Street
Second Thursday: 6-8 am, 11-1pm, 5-7 pm*

*Kosciusko Community YMCA- North Webster
Second Thursday: 6-8 am, 11-1pm, 5-7 pm*

Mark your Calendars Now!

January 12, February 9, March 8, April 12, May 10, and June 7

- Educational presentations will provide incentives and/or door prizes for those in attendance.
- Topics include; fitness, nutrition, behaviors, cooking demo and much more.

→This challenge is not permitted for anyone who will deliver a baby after the first weigh in or has had bariatric surgery in the last year or plans on having surgery during the 6-month challenge.

→Participants are urged to consult their family physician before beginning any program designed to lose weight.

→Each participant will have to sign a consent form holding the Coordinating Sponsors harmless.

→ In the event that a team member has a medical or health condition, that teammate may be replaced during the challenge. Switches can only occur with pre authorization from a *Kosciusko FIT* Committee Member.

→ Participation fee is \$20 per person (\$80 per team) for admission into the *Kosciusko FIT* program. All participants will receive a T-shirt at the challenge kick-off.

→ TO PROMOTE MAINTENANCE AND A HEALTHY LIFESTYLE, THE GRAND, 2ND AND 3RD CASH PRIZES WILL BE AWARDED IN TWO INSTALLMENTS...HALF IN JUNE AND HALF IN SEPTEMBER BASED ON MAINTENANCE OF WEIGHT. The team should be at the same percentage as the June percentage in September. If team is unable to maintain its weight loss percentage, the other installment will not be awarded.

Registration due by December 30th: www.wkchamber.com