

NCMC Fitness Challenge

NCMC Employees Only

NCMC and the NCMC Medical Staff are sponsoring a Fitness / Health Challenge for the summer. Please see details below for goals, contest guidelines, nutritional and fitness support. ALSO... THERE ARE PRIZES!!

Start Date: June 3rd

End Date: September 1st

Challenge Check-Ins – July 1st, August 1st - \$5.00 Fee (added to winnings)

Entry Requirement Deadline (Complete registration packet with measurements, payment, etc.) by June 3rd at 5:00 pm.

Challenge Check-In Prizes - \$50.00 Gift Card – Male & Female

GRAND PRIZES

Overall Health & Fitness - Female

Prize– \$500

Total Body Transformation - Female

Prize - Female Entry Fees

Total Body Transformation - Male

Prize- Minimum of \$200 + 100% of Male Entry Fees

Entry and check in information – Check in measurements will be done at the OR nurses' station by Jessica Teer or Sheri Cross. You may check in on June 2nd or 3rd from 7am-3pm. You will bring your completed form to administration with fee by 4:30 on June 3rd.

Entry Fee: \$20.00 – Payroll Deduction Available

Checks made payable to NCMC. Payment and entry package, with initial check-in information, are to be turned into administration's front desk.

Judges: Ross Hansen, Devin Washington, Dr. Nicole McCommon, Sybil Woods

Goal – To promote healthy and fit lives for our employees! This is not simply a weight loss challenge but an opportunity to make a lifestyle change that affects your overall health.



Questions – email Ross Hansen at ross.hansen@ncmcla.com

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Award 1 – Overall Health & Fitness

Female Category - This award will be determined by a point system for results. The tracked results are to include percentage of body weight loss, blood pressure, resting heart rate, cholesterol, and glucose. This category is for women.

It is the contestants' choice to participate with the above indicators. If one does not want to have blood work then they will receive no points in those areas.

Award 2 – Total Body Transformation

Male & Female Category - These awards are to encourage employees to seek gains and losses. Though some individuals' goals will be to lose weight, others could be to primarily gain muscle and shape. A panel of judges will award this prize based on their determination of the employees' transformation from June 3rd to September 1st.

To be considered for this award is the choice of each contestant. To enter this category, the below information is required.

Entry and check in information will include:

- A picture in work out attire of your choice.
- Weight
- Measurements of arms, chest, waist

See Next Page for Support during Challenge



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Nutritional & Fitness Support for Contestants – FREE for Contestants

- FREE Nutrition and Dietary Information and Counseling by Andrea Braniff, LDN.
- Group Workouts
 - **NCMC Fitness** – Group Workout with Devin Washington, NCMC Fitness Director. FREE during the competition.
 - Tuesday, Thursdays – 5:00 – 5:45
 - Workouts will be cardio focused with some high intensity interval training (HIIT) core routines.
 - Must sign up for gym membership. However, there will be no gym fee during competition. (June 3rd-September 1st)
 - **Zumba with Sybil**
 - Tuesday – 5:30, Vivian United Methodist Church Activities Building (223 W. Louisiana Ave.)
 - Class begins June 7th
 - Sybil Woods is a certified Zumba instructor with a popular following!
 - Thank you to Sybil for volunteering her time and instruction for our competition!!
 - Bring water and sweat towel for classes



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Date: _____

Name: _____

Department: _____

PAYMENT: _____ CASH _____ CHECK _____ Please payroll deduct from 2 paychecks.
(NCMC Administration to Complete)

Below must be completed by Sheri Cross or Jessica Teer.

Date of Birth: _____

Sex: ___ M ___ F

June 2nd - 3rd

Completed by J. Teer or S. Cross – OR Nurses Station

Female - Overall Health & Fitness –

Weight: _____ Blood Pressure: _____ Heart Rate: _____

Arms: _____ Chest: _____ Waist: _____

Glucose: _____ Cholesterol: _____

Male & Female - Transformation Challenge –

Arms: _____ Chest: _____ Waist: _____

Picture

Nurse Signature: _____

Date: _____



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July 1st

Completed by J. Teer or S. Cross – OR Nurses Station

Female - Overall Health & Fitness –

Weight: _____ Blood Pressure: _____ Heart Rate: _____

Glucose: _____ Cholesterol: _____

Arms: _____ Chest: _____ Waist: _____

Male & Female - Transformation Challenge –

Arms: _____ Chest: _____ Waist: _____

Picture

\$5.00 FEE - _____ Cash _____ Check _____ Payroll Deduct from 1 payroll

Nurse Signature: _____

Date: _____

August 1st

Completed by J. Teer or S. Cross – OR Nurses Station

Male & Female - Overall Health & Fitness –

Weight: _____ Blood Pressure: _____ Heart Rate: _____

Glucose: _____ Cholesterol: _____

Arms: _____ Chest: _____ Waist: _____

Male & Female - Transformation Challenge –

Arms: _____ Chest: _____ Waist: _____ Picture

\$5.00 FEE - _____ Cash _____ Check _____ Payroll Deduct from 1 payroll

Nurse Signature: _____

Date: _____



NCMC Fitness Challenge

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September 1st

Completed by J. Teer or S. Cross – OR Nurses Station

Female - Overall Health & Fitness –

Weight: _____ Blood Pressure: _____ Heart Rate: _____

Glucose: _____ Cholesterol: _____

Arms: _____ Chest: _____ Waist: _____

Male & Female - Transformation Challenge –

Arms: _____ Chest: _____ Waist: _____ Picture

Nurse Signature: _____

Date: _____



Questions – email Ross Hansen at ross.hansen@ncmcla.com