



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Jackson Area YMCA

# BIGGEST TRANSFORMATION

**KICK OFF NIGHT**  
Friday Nov 18th

Register  
by 16th of Nov



## **OFFICIAL WEIGH-IN SITE**

Jackson Area YMCA  
594 E. Main Street  
Jackson, Ohio 45640

## **KICKOFF EVENT & INITIAL WEIGH-IN**

Friday, Nov 18th  
9:00 am to 9:00 pm

\*Kickoff event includes an overview of the competition,  
question and answer session, and initial weigh-in

## **WEEKLY WEIGH-IN TIMES**

With the exception of the initial weigh-in at the event kickoff, weekly weigh-in times will be on Fridays anytime between:  
9:00 am to 9:00 pm

**YOUR WEIGHT WILL ONLY BE SEEN BY A DEDICATED STAFF  
HELPING WITH THE BIGGEST TRANSFORMATION WEIGH-INS AND  
WILL BE KEPT CONFIDENTIAL!!!**

**Weekly results will be posted at the YMCA as a percentage of weight lost under your chosen “secret name.”**

## **What is the YMCA Biggest Transformation Challenge?**

- An 8-week weight loss competition. Accountability for participation has always been the deciding factor in the past challenges.
- Held at the Jackson Area YMCA.
- The awards ceremony will be held the evening of Saturday, Jan 23rd.
- There will be one winner in each category.
- Prizes are Top Male \$500, Top Female \$500, and Top Team \$500!

## **How does the YMCA Biggest Transformation Challenge work?**

- Each individual, must pay \$10 (YMCA current member) or \$45 (non-YMCA member) to participate. Fee must be paid by the initial weigh-in.
- There will be no refund to participants who quit the competition, are disqualified, or quit a team.
- Prizes are Top Male, Top Female, and Top Team!

## **How do teams and individuals register?**

- Form a team of 2 people, or participate as an individual.
- Each team must choose a team captain who will be the contact person.
- Choose a unique team name. Team names chosen in poor taste will not be permitted.
- Registration begins Nov 18, 2022. Forms can be found at the Jackson Area YMCA, on our Facebook page, or website.
- Registration forms must be completed and signed. Registration forms and fees must be turned in no later than Nov 16, 2022.

## **Who can participate in the Biggest Transformation Challenge?**

- Anyone over the age of 13 who wishes to lose weight may participate. If under age 18, a release form must be signed by a parent or legal guardian.
- Any group of friends, families, co-workers, civic organization members, church members, or other group, or any individual is welcome to participate, but will not compete for prizes as a large group.
- Participants have the option of participating as individuals or as a team, but cannot do both. Once on a team, participants cannot move to the individual category unless a team is dissolved in agreement by all team members.
- Those participating as a team will only be eligible for prizes in the Team Category, and those participating as an individual will only be eligible for prizes in the Individual Category at the end of the competition.

## **What are the Biggest Transformation Rules?**

- All participants must weigh-in each week.
- Special use of the Jackson Area YMCA facility for non-members is only available if participating.
- All participants must be over the age of 13 by Nov 18, 2022.
- Participants between the ages of 13 and 17 as of Nov<sup>18th</sup>, 2022 must have a parental release form signed.
- The Jackson Area YMCA will not place individuals on a team. Participants must form their own team.
  
- If a participant is unable to make the designated weigh-in days and times during the week, they must contact one of the Program or Member Services team (contact information listed on the last page) to arrange an alternate day and time.
- No shoes permitted during weigh-ins.
- No disrobing permitted. Participants should come dressed as they deem necessary. Suggested attire includes shorts or light weight sweat pants, t-shirts or tank tops, and socks or flip-flops (no bare feet).
- 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.
- Anyone intentionally cheating or attempting to sabotage another team or individual will be disqualified. Entire teams may also be disqualified.
- The winning team must have both remaining members on the team at the end of the competition.
- Jackson Area YMCA staff have the right to make changes or clarifications to the rules at any time.

## **What are the Rules for Disqualification?**

- Attempting to sabotage another team, team member, or individual
- Cheating and/or adding hidden weight at initial weigh-in
- Missing more than two weigh-ins total
- Missing the last weigh-in, unless prior approval from the Program Coordinator.
- Body Mass Index (BMI) below 18.5
- Any surgery resulting in significant weight loss during contest.
- Unhealthy and/or unfair weight loss practices if discovered

## **What do you get for your Entry Fee?**

- Use of the YMCA facility, including the tennis court, programs, and gymnasium
- Free equipment orientation for those interested.
- Free group exercise classes.
- Weekly weigh-ins.
- A Completion Medal

## **Prizes**

- The winning male and female from the Individual Categories will be awarded a medal, a free two month Adult Membership, and \$500.00 each.
- The winning Team will be awarded a medal, a free two month Adult Membership, and \$500.00 (\$250.00 for each team member).
- Medals will be handed out to all competitors, who complete the Challenge of 9 weeks.
- All participants who choose to become a YMCA Member will have their joiner fee waived. This offer will expire Jan 20<sup>th</sup>, 2022.

## **Active Percentage Points**

- Active Percentage Points are a way for Individuals and teams to qualify for extra weight loss percentage, which will be add to your total percentage of weight loss at the conclusion of the competition. Bonus points are earned by:
  - 0.5% per week for participating in at least 3 programs, of your choice at the Jackson Area YMCA during the competition. Virtual Jackson Area YMCA classes count also.
  - 0.5% per week for utilizing the Jackson Area YMCA facility 5 days in a week. If you come to the Jackson Area YMCA multiple times in a single day, it still only counts as one day.
  - 1 % for participating in the Turkey Trot or any other Jackson Area YMCA 5k during the competition.
  - 1% for any educational classes scheduled during the 9 weeks, whether in person or virtual.
- For the purpose of this competition and Active Percentage Points, the first day of the week is Friday and the last day of the week is Thursday.

## **What are the benefits of the YMCA Biggest Transformation?**

- Weight loss through proper nutrition and regular exercise leads to better health.
- Team competition promotes camaraderie, encouragement, accountability, and motivation among team members and others.
- Weight loss often leads to more energy, increased productivity, and increased self-esteem.
- Healthier people have fewer medical expenses.

## **Who do I contact with questions and/or concerns?**

- Contact any Staff member of the Jackson Area YMCA Team listed below by email or phone (740-286-7008)