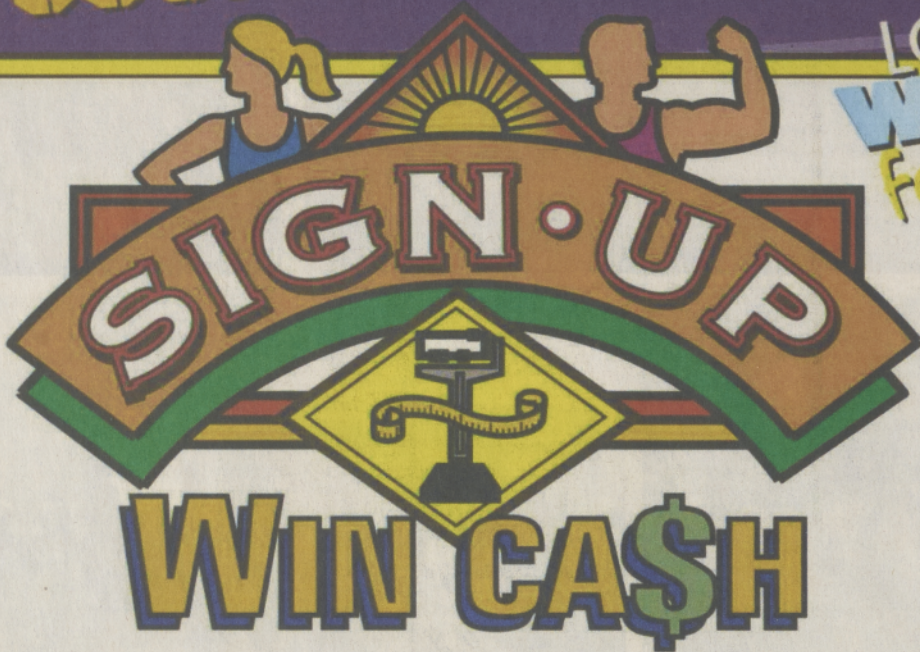


Movin' Mountains

MISSION: POSSIBLE

JEFFERSON COUNTY Slimdown Challenge • 2014

LOSE WEIGHT. Feel Great!



JUMP-START YOUR NEW YEAR AND IMPROVE YOUR HEALTH

Have fun losing weight by getting on a team ... or going it alone!

WHO - All adults 18 or over who live or work in Jefferson County.

WHAT - County-wide challenge to lose weight and get fit, for teams and individuals. Sixteen-week program.

WHEN - Weigh-in measurements will be taken at the J.C. Public Health Department, 715 S.W. 4th St., from 8 a.m. to 6 p.m., Thurs. - Fri., Jan. 23 - 24, and 9 a.m. to 1 p.m. Sat., Jan. 25. Measurements taken at the Warm Springs Wellness Center from 8 a.m. to 5 p.m. on Thursday and Friday only.

HOW - Register at weigh-in. For information call 541-475-4456.

ENTRY FEE - \$25 per person, per event (two event maximum) all of which goes to prize pool. Must be paid upon registration, cash or check.

COMPETITIVE DIVISIONS - Divisions include individual women and men, as well as 4-men teams, 4-women teams, and 2-person mixed-gender teams. Participants will be able to join as individuals and may join one team as well, but fees will be assessed for each event. In an effort to equitably distribute opportunities for all to find success, organizers will establish weight classes for individual participants of both genders. Let's Talk Diversity Coalition is proud to sponsor prizes for all participants who attain at least a 5% weight loss this year.

CONTEST RULES - Judging combines percent of weight loss and hip and waist reduction, to induce weight loss and overall health improvement. Must be 18 or older to be in adult divisions, six weeks post-partum.

YO-YO RULE - If you won prize money in last year's event, you are not eligible for prize money this year if you have gained back more than 20% of the weight you lost at the end of last year's contest.

PRIZES - First place cash awards will be given to the first place finishers in each individual weight class, with potential of payments going to second and subsequent placers, depending on the number of participants in the category. (To be determined after signups). Mixed pairs and team events will be run as

in the past, just one division for each. Prizes will go to at least the first place finishers in each, with payout potential for second through fifth places, depending on how many entrants there are. There will also be an award for the most weight lost by a man and a woman. Prizes will be announced shortly after weigh-ins.

ENTRY BENEFITS - Your entry fee allows you to participate in any of a series of health/fitness programs.

FAMILY FITNESS CHALLENGE - Additional family program to start Feb. 20-22.

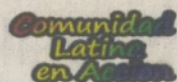
SUPPORTING SPONSORSHIP BY:

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Jefferson County



PUBLIC HEALTH DEPARTMENT



LET'S TALK DIVERSITY coalition
Building Communities Through Diversity

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