



Participant Packet

Your 4-Month Guide to Health and Wellness

**4-Month Health and Fitness Improvement Challenge
March 02 – July 15, 2023**

A partnership between Jefferson County Public Health (JCPH), the Confederated Tribes of Warm Springs, the Madras Pioneer, Madras Medical Group, St. Charles Madras, Madras Aquatic Center, Local Motion, Silver Star Fitness, Madtown Fitness, and Madras Athletic Center.

Cash Awards for 2-person teams and individual divisions:

- Team divisions: All Male, All Female, and Mixed (one male, one female)
Individual divisions: Male, Female.
- Individual male and female weight classes will be based on their starting weight. Award amounts and the number of places for each weight class will be determined after sign-ups depending on participation numbers.
- **A participant may enter as an individual category and one team category only (not two team categories)**; the individual must pay for each category entered. The categories are Individual Male, Individual Female, All Male Team, All Female Team, and Mixed Team (one male, one female). **Example: An individual may enter in the Individual Male Category and enter with a partner in the Mixed Team Category.**

Rules and Regulations:

- Entry fee; \$25.00 per person, \$50.00 per 2-person team. Corporate sponsorship of teams is encouraged.
- Contest is open to anyone 18 years or older who lives or works in Jefferson County and on the Warm Springs Reservation.
- Required TANITA Print-out with Weight, Fat Mass, and Body Mass Index (BMI) will be held at the beginning and end of the contest. Optional mid-point assessments will be held.
- Registration is available at the initial assessment. Initial assessments will be offered on March 2nd from 12 pm - 5 pm. March 3rd from 8 am - 6 pm and on March 4th from 9 am – 2 pm at Jefferson County Public Health (500 NE A Street, Suite 102, Madras, Oregon, 97741). Warm Springs Community Wellness on March 2nd and 3rd from 9 am – 4 pm. ***For consistency purposes, it is recommended that you have the staff weigh you with the same TANITA scale at the beginning and end of the challenge.***
- **Last day to pay is March 4th 2 PM.** If you cannot make assessment dates as scheduled, arrangements may be made to have weigh-ins made **after** March 4th but only if payment and registration is received **BY** March 4th.
- Awards will be based on the total % of improvement in weight, Fat Mass, and Body Mass Index (BMI). See included “How Winners Are Determined” document.
- **No yo-yo Rule:** Previous year’s money winners may only qualify to participate and win again if they DID NOT GAIN BACK more than 30% of

the weight they lost at the end of the contest. This does not include the people who won a prize for their 5% weight loss.

- **Postpartum rule:** In order to encourage healthy self-care in new mothers, we require that women who wish to participate be at least *6 weeks postpartum* at the start of the contest.
- **Gastric Bypass rule:** If you have had gastric by-pass surgery of any kind, including Lap Band procedure, please refrain from competing in Movin' Mountains for at least 12 months from the time of the operation.
- **5% Weight Loss Award:** Awards will be given to any participant that loses 5% or more of their body weight. Participants can only receive one award regardless of multiple participation in categories. Plus, an award will be given to the male and female participant that loses the most weight.
- **Additional activities and incentives will be announced by email.** Be sure your registration form includes a legible email.

Dates To Remember:

Final weigh-ins: **at Jefferson County Public Health
500 NE A Street, Madras, Oregon 97741**

- Thursday, July 13, 2023, JCPH 12pm-5pm
- Friday, July 14, 2023, JCPH 8am-6pm
- Saturday, July 15, 2023, JCPH 9am-2pm

For more information, contact:

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How Winners Are Determined Slimdown Challenge 2021

The following example is of two contestants starting at different weights, and using the TANITA information **BUT** losing the same amount of weight and same amount of Fat Mass and BMI.

Calculation Used: Ending Measurement minus Beginning Measurement divided by the Beginning Measurement. This is the percent of individual change in each category then each category is weighted and added together for a total weighted percent change. The TANITA numbers are entered on an excel spreadsheet that automatically does the calculation. It is a negative percent.

Contestant #1:

2021 Moving Mountains						
Tanita Scale Results		Public Health <small>Prevent. Promote. Protect.</small>				
Name:	Contestant #1					
Date	1/14/2021	5/14/2021				
Item	Starting Result	Ending Result	Lb Difference	Percentage Change	Score Weight	Weighted Percent Change
Weight	185.00	165.00	-20.00	-10.81%	80%	-8.65%
Fat Mass	38	32	-6.00	-15.79%	10%	-1.58%
BMI	27.7	24	-3.70	-13.36%	10%	-1.34%
				-39.96%	100%	-11.56%

Weight:

$$165 \text{ lbs} - 185 \text{ lbs} = -20 \text{ lbs} \div 185 \text{ lbs} = -10.81\% \times 80\% = -8.65\% \text{ Weighted Change}$$

Fat Mass:


$$32 \text{ lbs} - 38 \text{ lbs} = -6 \text{ lbs} \div 38 \text{ lbs} = -15.79\% \times 10\% = -1.58\% \text{ Weighted Change}$$

BMI:

$$24 - 27.7 = -3.70 \div 27.7 = -13.36\% \times 10\% = -1.34\% \text{ Weighted Change}$$

Total Weighted Percent Change: -11.65%

Contestant #2:

2021 Moving Mountains						
Tanita Scale Results		Public Health				
Name:	Contestant #2					
Date	1/14/2021	5/14/2021				
Item	Starting Result	Ending Result	Lb Difference	Percentage Change	Score Weight	Weighted Percent Change
Weight	165.00	145.00	-20.00	-12.12%	80%	-9.70%
Fat Mass	30	24	-6.00	-20.00%	10%	-2.00%
BMI	25.7	22	-3.70	-14.40%	10%	-1.44%
				-46.52%	100%	-13.14%

Weight:

$145 \text{ lbs} - 165 \text{ lbs} = -20 \text{ lbs} \div 165 \text{ lbs} = -12.12\% \times 80\% = -9.70\%$ Weighted Change

Fat Mass:

$24 \text{ lbs} - 30 \text{ lbs} = -6 \text{ lbs} \div 30 \text{ lbs} = -20.00\% \times 10\% = -2.00\%$ Weighted Change

BMI:

$22 - 25.7 = -3.70 \div 27.7 = -14.40\% \times 10\% = -1.44\%$ Weighted Change

Total Weighted Percent Change: -13.14%

Contestant #2 is winner / difference of -1.58%

Calculate your own changes; look at the examples above for clarification.

Ending weight _____ minus beginning weight _____ = _____ Divided by Beginning weight _____ = _____ percent of change Multiply by .80 = _____ Weighted Percent Change

Ending Fat Mass _____ minus beginning Fat Mass _____ = _____ Divided by Beginning Fat Mass _____ = _____ percent of change Multiply by .10 = _____ Weighted Percent Change

Ending BMI _____ minus beginning BMI _____ = _____ Divided by Beginning BMI _____ = _____ percent of change Multiply by .10 = _____ Weighted Percent Change

Total the three % numbers and that is your % of change. It will be a negative %.

Here are a few tips on long-term weight loss:

- Eat six times a day. Three meals and three snacks to provide steady energy over your day and help manage hunger.
- Eat breakfast within an hour of waking up. People who eat breakfast end up eating less over the day because they are not as hungry.
- Do not count calories, use portion control especially in high density/fat foods.
- Have the right mix of carbohydrates and protein at every meal. For at least three meals, choose vegetable as your only carbohydrate source.
- Eat a healthy fat twice a day. Choose unsaturated fats such as olive oil or fish oil.
- Increase the number of days you are working out each week. Shoot for activity 5-6 days a week.
- After that is comfortable, start increasing the amount of time you are exercising.
- The goal is to reach 50-60 minutes of exercise each day. That may seem like a lot, but we are talking about real, sustainable, measurable change. Both you and your well-being are worth it!
- If you cannot get in that amount of exercise all together, break it down into smaller segments. If three 20-minute walks are easier to work into your schedule, then do what works for you.
- Try different types of exercise; studies show one of the biggest reasons people quit exercising is that they get bored.
- We live in a beautiful region so get out and see some of it. Willow Creek Canyon, Smith Rocks and our expanding walking paths with exercise stations and sidewalks here in Madras all afford wonderful places to feel the sun (wind, rain, snow) on your face... exercise is research-proven to have stress and depression-reducing benefits, so why not?

Most people have apps on their phones or fit bits or if needed purchase a pedometer they are quite inexpensive. The goal used to be 10,000 steps a day for better health and weight loss but now it is up to 15,000...just another tool to help you get moving!



Measurement Form

Name: _____

5% Weight Loss Goal: _____

	Initial	Final
Date:	_____	_____
Weight:	_____	_____
Fat Mass:	_____	_____
BMI:	_____	_____
Scale#	_____	_____

Initials person measuring: **Initial:** _____ **Final:** _____

Total % Change: _____

***Thank you to the Sponsors Below for
Their Support of the Movin' Mountain
Slimdown Challenge***



Jefferson County



Public Health
Prevent. Promote. Protect.



Madras Athletic Club



Madras Pioneer

