

# TEAM LEAN

## 2023

### INFO & RULES

#### What is Team Lean?

- Team Lean is an 8-week weight loss competition open to the community.
- Two Optional dates for your initial weigh in. **You must attend ONE – not both:**
  - **Saturday, January 7, 2023** - Butler-Mason YMCA (9 AM – 11 AM)
  - **Thursday, January 12, 2023** - CHECK YOUR WEIGH SITE FOR HOURS
- Team Lean will end on **Thursday, March 9, 2023**
- Teams of 4 or 5 people compete to lose the highest percentage of weight during the competition.
- Cash prizes are given to the top teams & individuals at the end of the competition.

#### How Does Team Lean Work?

- Each team member must weigh in weekly to remain in the competition.
- Payment options:

##### ***YMCA Members (8-week competition):***

Early Bird Rate (if registered by Dec. 31, 2022).....\$50.00  
Regular Rate (if registered between Jan 1-12, 2023).....\$60.00

##### ***Non-Members (8-week competition):***

Early Bird Rate (if registered by Dec. 31, 2022).....\$70.00  
Regular Rate (if registered between Jan 1-12, 2023).....\$80.00

##### ***Non-Members + Workout (8-week competition):***

\*\*Regular Rate..... \$100.00

**\*\*Includes 8-week YMCA Membership (One Adult)**

- **PAYMENTS:**
  - No weekly payments.
  - All program fees are non-refundable.
  - There will be no refund if you drop out of the program early or get voted off a team.
  - Participants must pay a penalty of \$1.00 per pound gained.
- **CASH PRIZES:** Cash prizes are distributed at the end of the competition to the three (3) top teams and the top three (3) individuals (male & female) **Prize money based on total purse available.**
- **NEW IN 2023 - School Challenge:** At the end of the 8-week program, your collective weight loss as a school – based on percentage – will be calculated. You must currently be employed at that school to be eligible. A minimum of 4 employees from your school must finish the program in good standing for eligibility in the School Challenge. The SCHOOL with the highest total weight loss percentage will win a \$1,000 cash prize sponsored by Envision Credit Union. The cash prize may be used at the school's discretion.
- **LIVE BETTER AWARDS FOR HEALTH SCREENINGS:**
  - **Health Screenings** - Archbold Medical Center will offer free health screenings at the first and last weigh-ins. Initial screenings will be done on **Saturday, January 7th** (9AM – 11AM) at the *Butler-Mason YMCA*. Final screenings will be on **Thursday, March 9th** at the *Everett-Milton YMCA*. All health screenings for Team Leaners are free!
  - **WINNERS** – The two (2) individuals (Male & Female) with the largest decrease in cholesterol numbers (by percentage) from the beginning of the program to the end of the program will each receive a **\$250.00 cash prize!**
    - **Live Better Award winners have to attend both, the first and last health screenings to be eligible for the cash prize.**
- **AWARDS CEREMONY:** An awards ceremony will be held the week following the final weigh in to recognize the individual and team winners.

## How do teams register?

- Form a team of 4 or 5 people; or sign up as an Individual participant.
- Each team will choose a Team Captain.
- Choose a unique team name. Team names in poor taste may be asked to select a new name.
- The YMCA will not assign you to a team. It is your responsibility to form your own team.
- Early registration period begins in **December**. Each team member needs to complete and sign an Entry Form by the deadline of **January 12, 2023**.
- All entries must be received at the Thomasville YMCA by the deadline date.

## When is the first weigh-in?

- Optional dates are set up for your initial (base line) weigh in. **You must attend ONE - not both:**

Option #1	DATE:	Saturday, January 7, 2023
	TIME:	9 AM – 11 AM
	LOCATION:	BUTLER-MASON YMCA (1304 REMINGTON AVE.)
Option #2	DATE:	Thursday, January 12, 2023
	TIME:	CHECK YOUR WEIGH SITE FOR HOURS
	LOCATION:	COMMUNITY WEIGH SITES

## Penalty Rule

THIS RULE ONLY APPLIES TO TEAM LEANERS THAT LOST 30 POUNDS OR MORE IN ANY 2022 TEAM LEAN PROGRAM. THIS INCLUDES YMCA/TEAM LEAN PROGRAMS OFFERED IN NEIGHBORING COMMUNITIES. IF YOU LOST LESS THAN 30 POUNDS OR DID NOT PARTICIPATE IN A 2022 TEAM LEAN PROGRAM THIS RULE DOES NOT APPLY TO YOU.

*Rule: You will be subject to penalty if you gain back more than half of your weight lost in the 2022 competition. For example if you lost 30 pounds, you would be penalized if you gain back more than 15 of those pounds. If you lost 40 pounds, you would be penalized if you gain back more than 20 of those pounds.*

## What is the penalty?

Anyone that meets the criteria for the Penalty Rule would not be credited for new weight loss until their weight drops below their 2022 "halfway" number. The halfway number is based on half of your total pounds lost during the 2022 competition. For example if you lost 30 pounds, your halfway number is 15. If you lost 40 pounds, your halfway number is 20.

## Why has Team Lean been successful?

- Team effort motivates participants to stay focused on losing weight through proper nutrition and exercise.
- Cash prizes motivate participants to remain competitive throughout the 8- week competition.
- Team members can choose their own nutritional plan and exercise program.
- All weights are held confidential. (Not even shared with team members).

## Are exercise classes offered?

- If you join Team Lean at the \$100 non-member fee an 8 week adult membership is included.
- If you join at the \$70/\$80 non-member fee, no exercise classes will be offered.

- The YMCA offers a wide selection of group exercise classes for its members. Class schedules are available at the YMCA or online at [www.ymca-thomasville.org](http://www.ymca-thomasville.org).

## Who can join Team Lean?

- Anyone over the age of 14 who wishes to lose weight may participate.
- Any business, civic organization, church, school, or any individual groups may form teams.
- Participants have the option of competing either as a Team or Individual.
- Those participating as Individual will only be eligible for prize considerations in the Male or Female Individual category. Those participating as Team will be eligible for prize considerations in both the Team category and individually through the Male or Female prize categories.

## What are the Team Lean rules?

- All participants must be at least 14 years of age by January 12, 2023
- Participants between the ages of 14 and 17 must have parental and physician release form signed.
- Convenient weigh-in times will be held from 6:00AM to 7:00PM each Thursday.
- All weigh-ins will be held on Thursday at the following community locations:

1) BUTLER-MASON YMCA (1304 Remington Ave.)  
Weigh-in Hours: 8:30AM – 5:00PM

2) EVERETT-MILTON YMCA (103 S. Dawson St.)  
Weigh-in Hours: 6:00AM – 7:00PM

- No make-up times or dates for weigh-ins missed.
- Participants may only weigh in once per week at one weigh-in site only.
- It is recommended that you weigh-in at the same site each week to ensure scale consistency.
- No shoes are to be worn during weigh-ins.
- No disrobing allowed at the scales. Shoes, belts, jackets, jewelry, and excessive clothing should be removed prior to entering weigh station.
- Once you step on the scales in the presence of a weigh site monitor, your weight is considered official. Participants cannot weigh and then decide if they want to count the weigh-in as official or not.
- T-shirts and shorts are recommended for weigh-ins.
- Fad diets promising fast results are discouraged; such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.
- Healthy eating and exercise are encouraged.
- Drastic weight loss is discouraged for health reasons.
- No intentionally sabotaging other teams.
- Rules allow for up to two (2) missed weigh-ins, weigh-ins cannot be consecutive.
- Participants must bring their Team Lean book each week to record weight. Weights are confidential and will not be released.
- Team members can only be voted off (by their team members) for failing to weigh-in or for steadily gaining weight. Only one team member may be voted off a team.
- As long as a team member is consistently weighing-in and losing at least a half-pound of weight a week, they are not subject to be voted off.
- The winning team must have at least four remaining members on the team at the end of the competition to be eligible for the team prize money. If the team drops to 3 members or less, those members become individuals and are still eligible for individual prizes.
- The YMCA has the right to make changes or clarifications to the rules at any time.

## Criteria for Disqualification

- Missing two (2) consecutive weigh-ins.
- Missing more than two (2) weigh-ins total during the competition.
- Missing the final weigh-in without prior permission from Team Lean Director.
- Pregnancy (see below)
- Any surgery that occurs during the program that would result in significant weight loss.
- Illegally stepping on scales with weighted objects at initial weigh-in (Example: weights in pockets)
- Unhealthy and/or unfair weight loss practices if discovered.
- Use of sauna or steam room prior to weighing in.
- Lap Band surgery recipients may participate in Team Lean but are not eligible for cash prize considerations.

## What if team members are voted off or drop-out?

- Team members cannot be substituted after January 12, 2023
- A team member may drop out by the 4<sup>th</sup> week (**February 9, 2023**) without penalizing the rest of the team. When a team member drops out, their weight will not be calculated into the team's total weight as long as they drop out by the 4<sup>th</sup> week.
- After the 4th week, a team member may drop-out but their weight will be calculated into the team's total weight, which may lower the team's weight loss percentage.
- Teams must have a minimum of 4 team members to remain eligible for Team prize considerations. If a team roster falls below 4 people the remainder of the team will be re-classified to the Individual category. However, they will still be eligible for Individual biggest loser prizes.
- Any team that wishes to vote off a team member must submit an official notification – from the TEAM CAPTAIN – via email to Teri Lewis at [tlewis@ymca-thomasville.org](mailto:tlewis@ymca-thomasville.org)
- Pregnancy: Any Team Lean participant that becomes pregnant during the program will be disqualified for health reasons. Pregnancy is considered an approved reason to drop out of the program and will not penalize the remaining team members, under the following condition:
  - Any pregnancy that is reported after the halfway point drop-out date, **February 9, 2023**, must be validated in writing by a physician. After this date any reported pregnancy that cannot be validated will be subject to standard drop-out rules, which would result in that team member's weight counting against the team the remainder of the program. Medical validation should be submitted to Teri Lewis via email to [tlewis@ymca-thomasville.org](mailto:tlewis@ymca-thomasville.org)

## What are the benefits of Team Lean?

- Weight loss through proper nutrition and regular exercise lead 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 higher self-esteem.
- Healthier people have fewer medical expenses, which may decrease health insurance premiums.

## Who can I contact with questions?

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