

STRONGER BETTER HEALTHIER YOU



The thought of getting healthy a little overwhelming?

NO PROBLEM!

The Chamber Challenge is here to help!

2018 CHAMBER WELLNESS CHALLENGE

It's never too early or too late to challenge yourself (and co-workers) to be the healthiest you! The Belvidere Area Chamber of Commerce and the Belvidere Family YMCA proudly present the Annual Chamber Wellness Challenge. This 12 week, interactive program will help lead to a healthier and happier you. Participate as an individual or create your own team to motivate you!

Additionally, we will have a lunch and learn every other week!

DATES & TOPICS

FEBRUARY 6TH | KICKOFF LUNCHEON | Individuals will complete weigh-ins and review the program.

FEBRUARY 13TH | IF I CAN DO IT, YOU CAN DO IT | Tom Lassandro will share his story and give tips on what worked for him to successfully begin living a healthier lifestyle.

FEBRUARY 27TH | SNACK ATTACK | On top of creating our own snacks to go, Nathan Hamman, Manager of Wellness and Weight Management at OSF HealthCare, will review what to look for in a healthy treat and discuss why some snacks that sound like a good choice can sometimes have their downfalls.

MARCH 13TH | DO I HAVE TO DO IT ALL? | Cardio vs. Strength? We will discuss the benefits and necessity of incorporating both into your workouts and help create a weekly plan based on your goals.

MARCH 27TH | DON'T STRESS OUT | Dr. Chris Parrett with New Millennium Medical will discuss how stress can negatively impact your physical well-being. Tips will be shared regarding how to reduce stress and the benefits of stress release services such as massages, meditation and yoga.

APRIL 10TH | DEMO DAY | Join us as SwedishAmerican's licensed dietician dazzles us with a live healthy cooking demonstration (that we get eat after, too!). This class will centered around healthy eating, label reading, recipe sharing, grocery shopping tips and healthy cooking/meal prep.

APRIL 24TH | AWARDS LUNCHEON | Celebrate your success with the wrap up luncheon. Winners will be named and prizes will be awarded. We will also give you some to go tips to continue your wellness journey.

REGISTRATION FORM

Name _____

Team Name/Association (if applicable) _____

Team Captain (if applicable) _____

Phone Number _____ Email _____

Payment Type Cash Check Credit

Name on Card _____

Card Number _____

Zip Code _____ CVV _____ Expiration Date _____



Please register prior to kickoff luncheon. Please send completed registration/payment to Belvidere YMCA
220 West Locust Street, Belvidere, IL 61008 | 815-547-7012 fax | info@belviderefamilyymca.org email

Belvidere Area
Chamber of Commerce
Serving Boone County Since 1915

FREQUENTLY ASKED QUESTIONS FOR THE 2018 CHAMBER WELLNESS CHALLENGE

What does my \$35 entry fee include?

Your \$35 entry fee includes:

- 12 week access to Belvidere Family YMCA facility (and reciprocal to other area Ys)
- Private weigh-in monitoring
- Bi-weekly lunch and learns throughout challenge covering numerous healthy living topics from the top area professionals
- Bi-weekly newsletter containing healthy living fun facts and information
- Free fitness orientation
- Participation in pop-up challenges
- Prizes

I don't really want everyone to know my weight so is there a way to keep that all confidential?

Absolutely! We keep everyone's information confidential and assign each participant, and team, a unique number. We will post results only using the numbers, with no names being shared.

My goal isn't to lose weight, can I still participate?

Of course! The purpose of this program is to educate and encourage one another towards healthy living goals.

Are there prizes other than for most weight lost?

Yes! There will be drawings throughout the competition and prizes awarded for everything from most weight lost to most enthusiastic and much more.

Do I have to be part of a team?

Not at all! Individuals are more than welcome. There are individual and teams awards.

I want to bring a team to join. How many people can be on it?

A team can range from anywhere between two to six people.

How is it fair if my team only has a couple of people on it and not the maximum of six?

We do not use total weight loss to determine the progress on a team but instead we use the average weight loss per team member to make it fair.

What are lunch and learns?

Lunch and learns are a great way to learn information about different topics from local area professionals and way to network with other wellness participants. The dates are February 6th (Kickoff Luncheon), February 13th, February 27th, March 13th, March 27th and April 10th. A wrap-up and prize lunch will take place on April 24th. Lunch and learns will be held from 12pm to 1pm. A light, healthy lunch and bottled water will be provided. All lunch and learns will take place at the Belvidere Family YMCA, located at 220 West Locust Street in Belvidere.

Am I required to be at all the lunch and learns?

No. We understand everyone has busy schedules. It is just an extra benefit of the challenge and a nice way to learn some new information during your lunch hour.

Am I required to use the Y for workouts?

Although we would love to see you down here, we understand that you may use a different facility or stay active at home. But, you do have the option to workout at the Belvidere Y though the duration of the challenge.

What does reciprocal membership mean?

When you are a member of one Y, you are a member of all Ys participating in nationwide membership. That means that you can use other Ys as you are traveling. The only requirement is that you must use your home Y (Belvidere) 51% of the time or more. Rock River Valley Ys, Kishwaukee Y and Stateline Y are all reciprocal partners.

FOR MORE INFORMATION OR QUESTIONS, PLEASE CONTACT JEN OR CHERIE AT 815-547-5307 OR INFO@BELVIDEREFAMILYMCA.ORG.