

Year-Long Health & Wellness Challenge

Registration Form

Family Or Business Name _____

Address _____ City _____ Zip _____

Phone _____

Team Name _____

Participants Name(s)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Team Fee: \$20 Team Participant Fee \$ 5 Individual Participant Fee \$10

Register as a team of 4-6 participants or as an individual participant. If you are registering as an individual, the team fee does not apply and you will be placed in a random group with other individual participants to form a 4-participant team. Each team or individual participant must fill out and sign a waiver and release form. If you are under 18 years of age, a parent or guardian must also sign with you.

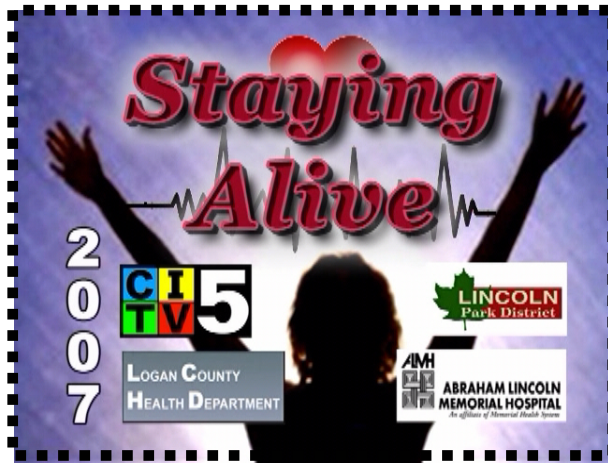
Refunds will not be given for teams or participants forfeiting their entry at any time.

Please make Checks out to Stayin' Alive.

of Participants: _____ Total Due: \$ _____ Paid: Check: \$ _____ Cash: \$ _____

Receipt-Team/Individual Name _____

of Participants: _____ Total Due: \$ _____
 Paid: Check: \$ _____ Cash: \$ _____



Year-Long Health & Wellness Challenge

Release and Waiver Form

Participant/Individual Name _____ Birthdate _____
 Address _____ City _____ Zip _____
 Phone _____
 Team Name _____
 Emergency Contact _____ Emergency Phone _____

PERSONAL GOAL (ie. Weight Loss, Body Fat Reduction, Cholesterol, Diabetes, Hypertension Control):

PLEASE CONSULT PHYSICIAN PRIOR TO ANY EXERCISE, PHYSICAL FITNESS, OR FITNESS EVALUATION.

Waiver and Release

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in this Staying Alive Challenge am voluntarily participating and release the Lincoln Park District & SportsCenter, CITV 5, Abraham Lincoln Memorial Hospital, and the Logan County Health Department and its employees of any and all claims of injuries, accidents, or personal property, which may arise from said program including use of equipment on these premises. Having such knowledge, I hereby release the Lincoln Park District

& SportsCenter, CITV 5, Abraham Lincoln Memorial Hospital, and the Logan County Health Department, its employees, heirs, and successors from any liability for accidental injury or illness, loss of personal property, or theft, which may incur as a result of participating in fitness testing, exercise programs, or any or all screening procedures or on these premises. I hereby assume all risks and consent to participate in said program, the Staying Alive Year-Long Health & Wellness Challenge 2007, and do so of my own free will.

Registrants and participants permit the taking of photos and videos of themselves and their children during Park District activities for publication in the program brochure, pamphlets, flyers, slide presentations, television, website and other forms of media.

Name (Print) _____

Signed _____ Date _____

Parent/Guardian (if under 18years) _____



Health & Wellness Challenge 2007

Staying Alive Instruction Sheet.

1. PICK-UP or Log-on & Print Out

Pick-up Registration Forms & Monthly Point Sheets at the Lincoln Park District, Logan County Health Department, or Abraham Lincoln Memorial Hospital; OR, Log-on and download forms at www.almh.org, www.citv5.com or www.logancountyhealth.org.

2. REGISTER

As a Business or Family Team with 4-6 participants or as an Individual and we'll group you with other individuals in teams of 4. Team Fee: \$20, each participant \$5; Individual Fee \$10

3. SCORE

Track Health & Wellness Challenges with our simple score sheets. Earn points daily, weekly, & monthly by performing tasks to improve your lifestyle. Simply write in the point value (provided) for that task each day/week/month, total your daily, weekly, & monthly scores-

BE HONEST-And turn in your completed sheets at the end of each month and we'll post your totals for your team.

4. DROP-OFF

Completed Registration Forms (EACH team member must complete & sign an individual Release & Waiver form) Plus Team & Participant Fees, & Monthly Point Sheets at the Lincoln Park District, 1400 Primm Road OR fax 217.732.9521.

5. WIN!

Monthly & Quarterly Raffles! Great Motivational Prizes Given Thru the Year!

1-Grand Prize Winner for each: Best Team Score, Best Individual Score, Greatest Personal Goal Achieved!

Curious? Call 732-8770 for details

INSTRUCTIONS/RULES
MAKE SURE TO REGISTER FIRST!
REGISTRATION ENDS JANUARY, 31ST, 2007!

Track Health & Wellness Challenges with our simple score sheets. Earn points daily, weekly, & monthly by performing tasks to improve your lifestyle. Simply write in the point value (provided) for that task each day/week/month, total your daily, weekly, & monthly scores-

BE HONEST-And turn in your completed sheets at the end of each month and we'll post your totals for your team.

1. Each day fill in the points for the daily tasks you've achieved for each day of the week, beginning with week 1 thru week 4 for that given month.
2. Each week fill in the points for the weekly tasks you've achieved for that week (points are collected only 1x per week for this scoring category. For instance, if you recycled or did strength training during the week (even if you did these everyday) you can only give yourself 15 points for the entire week for each task.
3. Each month fill in the points for the monthly tasks you've achieved for that month (again points are collected only 1x per month for this scoring category. For instance, if you Began & Finished a novel (even if you read more than 1) you can only give yourself 25 points for the whole month for that task. PLEASE NOTE, MONTHLY TASKS ARE DIFFERENT FROM MONTH TO MONTH.
4. TALLY YOUR DAILY, WEEKLY AND MONTHLY TOTALS(one month at a time)! Turn in Weeks 1-4 Daily and Weekly Task Sheets PLUS cut out your Monthly Task Sheet for that particular month, attach it to your Daily & Weekly sheets and bring them to the Lincoln Park District BY THE LAST DAY OF THE MONTH so we can track your progress throughout the year.
5. Be sure to have your teammates also turn-in their points, or select a team captain to collect and turn-in their points as well.

Rules: Be Honest with yourself, the only one you will cheat is you! Remember each task is assigned a point value for achieving that task one time, you cannot count or add points for doing one particular task more than one time. Also, you cannot substitute one task for another. The objective of this challenge is to open our awareness of all types of health and wellness and to adapt our lifestyle to them, even if it's things we don't necessarily enjoy. Some tasks require scheduling or may have minimal fees. Please check with the service provider for more information. Some tasks are repeated week to week or month to month to give everyone ample time/opportunity to achieve those tasks.

You do not need to be a member of a fitness club or facility to take part in this challenge. Thanks to CITV 5, they want you to become healthier in whatever environment makes you comfortable. The Lincoln Park District SportCenter is offering a special discount for Staying Alive participants during the month of January if you would like to take advantage of a 1-year Fitness Membership. Please contact the SportsCenter directly for more information, 732-8770.

For support, each 2nd Monday-7:00pm-of the month there will be an interactive session & video taping held at the Lincoln Park District ATTEND AND EARN BONUS POINTS EACH MONTH!, as well as a multitude of support materials offered by the Logan County Health Department, Abraham Lincoln Memorial Hospital, and Lincoln Park District & SportsCenter. Each month we will offer materials that motivate and drive you to achieve the tasks for that months topic. Take advantage of these contributors, watch for free incentives, promotional deals, and support groups from month to month.

Questions? Call 630-732-8770 for details