Objective:
Encourage faculty, staff and administrators to gain healthy wellness habits and lose unhealthy habits as they participate in the competition.

When:
All events will take place at Noon and 2 pm in Wellness 221.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Corresponding Events</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 9th</td>
<td>Kick Off / Info Event (Information Event)</td>
<td>Wellness Rock Wall</td>
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<tr>
<td>March 23rd</td>
<td>Weigh In Wednesday #1 Healthy Cooking</td>
<td>Wellness, Room 221</td>
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<tr>
<td>March 30th</td>
<td>Weigh In Wednesday #2 Healthy Snacking</td>
<td>Wellness, Room 221</td>
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<tr>
<td>April 6th</td>
<td>Weigh In Wednesday #3 Wellness Expo / Food, Fact or Fiction</td>
<td>Student Center Lobby</td>
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<tr>
<td>April 13th</td>
<td>Weigh In Wednesday #4 Physical Activity Guidelines</td>
<td>Wellness, Room 221</td>
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<tr>
<td>April 20th</td>
<td>Weigh In Wednesday #5 Training Do’s and Don’ts</td>
<td>Wellness, Room 221</td>
</tr>
<tr>
<td>April 27th</td>
<td>Weigh In Wednesday #6 How to keep progress...</td>
<td>Wellness, Room 221</td>
</tr>
<tr>
<td>May 6th</td>
<td>Closing Event Prizes</td>
<td>Wellness, Room 221</td>
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</tbody>
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Sign Up:
Sign up by visiting this hyperlink: **SWOSU Biggest Loser On-Line Registration**

Weigh Ins (Confidential):
This competition encourages healthy weight loss by creating a minimum BMI of 18.5 for individuals competing in the Biggest Loser. Participants interested in joining must meet the minimum joining weight. SWOSU Biggest Loser encourages those who do not meet the minimum joining requirements to participate in the incentive card program.

Participants must weigh in every Wednesday between the hours of 8:30 am – 4 pm in SWOSU Health & Counseling Services in the Wellness Center (with the exception of April 6th when the weigh-in will take place at the Wellness Expo between 9 am and 2 pm).

The initial and final weigh ins will provide additional options for monitoring measurements (body fat %, blood pressure, waist, hip etc.), which will be optional for participants. All information will be tracked **CONFIDENTIALLY** by SWOSU Health & Counseling Services staff. In addition, participants will track their individual success on individual progress cards. Slow and steady weight loss has been shown to a more healthy approach to weight loss and lead to better long term results; therefore, SWOSU Biggest Loser will enforce a maximum weight loss rule during the #3-6 weighs (April 6th – April 27th). At these weigh ins, female participants may lose a maximum of 2 pounds and male participants a maximum of 3 pounds. If participants lose more than 2 (women) or 3 (men) pounds during this time frame, only the recommended pounds will be registered.
Incentive Cards:

Every time a participant attends a wellness session (marked on the Biggest Loser calendar) he/she will receive a Biggest Loser sticker to put on their individual incentive card. Once the incentive card is full, the participant can drop the card off at SWOSU Health & Counseling Services in the Wellness Center to be entered into the drawing for the grand prize. After a participant fills up an entire card, he/she can begin a new card. Employees who are unable to participate in the Biggest Loser are encouraged to attend wellness sessions and will also eligible to participate in the incentive program. The Wellness Committee is not responsible for lost cards, but will be happy to provide new cards to participants.

Prizes:

Eight (8) prizes will be awarded to the top finishers at the conclusion of the competition based on total weight lost and total percent of weight lost. There will be a male and female winner for each category as well as separate awards for faculty, staff and administrators. Grand prize will also be awarded to the individual who wins the incentive card drawing at the conclusion of the program. All participants who complete the challenge (weigh in every week) will earn an official Biggest Loser t-shirt. Weekly updates will be mailed to participants.

<table>
<thead>
<tr>
<th>Males</th>
<th>Female</th>
<th>Prize</th>
</tr>
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<tbody>
<tr>
<td>Top Male</td>
<td>Top Female</td>
<td>4 (four) sessions with personal trainer and family pass to Wellness Center</td>
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<tr>
<td>Top Male Faculty</td>
<td>Top Female Faculty</td>
<td>Juicing/smoothy system, Bluetooth headphones, exercise tracker or gift card to sports/fitness store and family pass to Wellness Center</td>
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<tr>
<td>Top Male Administrator</td>
<td>Top Female Administrator</td>
<td></td>
</tr>
<tr>
<td>Top Male Staff</td>
<td>Top Female Staff</td>
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</tbody>
</table>

Incentive Card Drawings

Juicing/smoothy system, Bluetooth headphones, and gift card to sports/fitness store and family pass to Wellness Center

Nutrition Questions?

The SWOSU Wellness Committee will host several events during the course of the competition that will offer more information about general health, wellness and nutrition. Blue Cross and Blue Shield of Oklahoma also offers individualized training options with health coaches via the Well on Target Program.

Other Information:

Participants are encouraged to read labels and make healthier choices. Watch for posters with nutritional information.
Safety:

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if you haven't exercised for some time and you have health concerns, you should consider meeting with your doctor before starting a new exercise routine.

**When to check with your doctor**

Although moderate physical activity such as brisk walking is safe for most people, health experts suggest that you talk to your doctor before you start an exercise program if any of the following apply:

- You have heart disease.
- You have asthma or lung disease.
- You have diabetes or kidney disease.
- You have arthritis.

You should also check with your doctor if you have symptoms suggestive of heart, lung or other serious disease such as:

- Pain or discomfort in your chest, neck, jaw or arms during physical activity
- Dizziness or fainting with exercise or exertion
- Shortness of breath with mild exertion, at rest, or when lying down or going to bed
- Ankle swelling, especially at night
- A rapid or pronounced heartbeat
- A heart murmur that your doctor has previously diagnosed
- Lower leg pain when you walk, which goes away with rest

Finally, the American College of Sports Medicine recommends that you see your doctor before engaging in vigorous exercise if two or more of the following apply:

- You're a man older than age 45 or a woman older than age 55.
- You have a family history of heart disease before age 55 in men and age 65 in women.
- You smoke or you quit smoking in the past six months.
- You haven't exercised for at least 30 minutes, three days a week for three months or more.
- You're overweight or obese.
- You have high blood pressure or high cholesterol.
- You have impaired glucose tolerance, also called prediabetes