

# BE WELL BMI CHALLENGE

THIS CHALLENGE WILL ASSIST YOU IN IMPROVING OR MAINTAINING A HEALTHY BODY MASS INDEX (BMI)

## RULES:

- This is an individual point-based challenge for Barron County residents of all ages.
- This is a 6-week challenge that begins May 26, 2014, and ends July 7, 2014.
- Use the provided "Point Tracker" to track total points.
- For community prizes, participants will be divided into communities based on the school district in which they live in.
- Completed point trackers must be submitted no later than **Monday, July 14, 2014** and can be sent to:

Barron County Government Center  
Attn: Be Well Barron County/Rebecca Volk  
335 E. Monroe Ave., Room 338  
Barron, WI 54868  
Or emailed to: [rebecca.volk@co.barron.wi.us](mailto:rebecca.volk@co.barron.wi.us)

INDIVIDUAL PRIZES WILL BE AWARDED TO PARTICIPANTS DRAWN IN  
EACH OF THE FOLLOWING CATEGORIES:

100+ POINTS  
200+ POINTS  
300+ POINTS

COMMUNITY PRIZES WILL BE AWARDED AS FOLLOWS:

FREE T-SHIRT FOR EACH PARTICIPANT IN THE COMMUNITY WITH THE HIGHEST PERCENTAGE OF PARTICIPATION  
YOU MUST HAVE AT LEAST 100 POINTS TO RECEIVE A FREE T-SHIRT



LIKE US ON FACEBOOK FOR A CHANCE  
TO WIN MORE PRIZES

Questions? Contact:

Rebecca Volk  
[rebecca.volk@co.barron.wi.us](mailto:rebecca.volk@co.barron.wi.us)  
715.537.6857



# POINT TRACKER

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Zip: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Specify the school district you belong to (Rice Lake, Barron, Cameron, Cumberland, Turtle Lake, Chetek, Prairie Farm): \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Circle (adult/child)

BMI Formula:  $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$  or visit [www.bewellbarroncounty.org](http://www.bewellbarroncounty.org) to use a BMI calculator

Starting BMI \_\_\_\_\_

Ending BMI \_\_\_\_\_

**Directions: Calculate your total points and submit.**

ACTIVITY	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	TOTAL POINTS
Complete an activity from the Be Well Barron County Physical Activity Guide, found at <a href="http://www.bewellbarroncounty.org">www.bewellbarroncounty.org</a> (1 pt. per activity/1 pt. per day) MAX 42 points							
Make a recipe from the Eat Well with Be Well Cookbook, found at <a href="http://www.bewellbarroncounty.org">www.bewellbarroncounty.org</a> (1 pt. per recipe/1 pt. per day) MAX 42 points							
Attend one of the <b>FREE</b> fitness classes that Be Well Barron County is offering (see next page for list of classes) (5 pts. per class/8 classes available) MAX 40 Points							
Participate in a walk/run event (ex. a 5K race) in BARRON COUNTY (5 pts. per event) MAX 30 Points							
Get at least 30 minutes of physical activity per day (1 pt. per day) MAX 42 Points							
Get at least 7 hours of sleep a night (1 pt. per night) MAX 42 Points							
Drink at least 64 ounces of water (8 glasses) per day (1 pt. per day) MAX 42 Points							
Eat at least 5 servings of fruits and/or vegetables per day (1 pt. per day) MAX 42 Points							
Get at least 5 points in each category (15 extra pts.)	_____						
Visit one of the Eat Well with Be Well restaurants (Adventure's, Bistro 63, Drag's, Gilligans, Peter & Annie's World Market, Red's, Rice Lake Family Restaurant, Rolling Oaks) and order from the Be Well Barron County healthy menu section (5 pts.) MAX 5 Points	_____						
Calculate your BMI BEFORE the challenge (4 pts.) BMI: _____ Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$ Or visit <a href="http://www.bewellbarroncounty.org">www.bewellbarroncounty.org</a> for a BMI calculator	_____						
Calculate your BMI AFTER the challenge (4 pts.) BMI: _____ Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$ Or visit <a href="http://www.bewellbarroncounty.org">www.bewellbarroncounty.org</a> for a BMI calculator	_____						
Maintain a healthy BMI or improve your BMI over the course of the challenge (MUST provide an initial and final BMI) (10 pts.) Visit <a href="http://www.bewellbarroncounty.org">www.bewellbarroncounty.org</a> to view healthy BMI'S	_____						
<b>TOTAL POINTS</b> (MAX 360 Points)							

## WHAT IS BODY MASS INDEX (BMI)?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

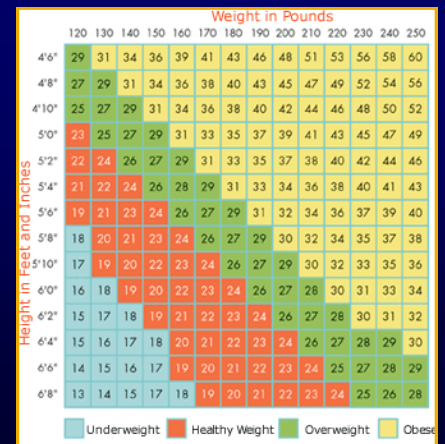
**BMI Formula:** weight (lb) / [height (in)]<sup>2</sup> x 703

**Example:** Weight = 150 lbs, Height = 5'5" (65")

**Calculation:** [150 ÷ (65)<sup>2</sup>] x 703 = 24.96

**Or visit:** [www.bewellbarroncounty.org](http://www.bewellbarroncounty.org)

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese



## FREE FITNESS CLASS SCHEDULE

**EACH CLASS IS FREE FOR BE WELL BMI CHALLENGE PARTICIPANTS. YOU WILL RECEIVE 5 POINTS FOR EVERY CLASS ATTENDED.**

**Total Body Class** — Combines cardio and strength conditioning

Wednesday, May 28 from 5:15-6:15 p.m. at Olympic Fitness Center (800 Hammond Avenue, Rice Lake)

**Aqua Jogging Class (swimsuit required)** — Impact-free water exercise

Tuesday, June 3 from 5:30-6:30 p.m. at the Barron Area Community Center (800 Memorial Drive, Barron)

Thursday, June 5 from 5:30-6:30 p.m. at the Barron Area Community Center (800 Memorial Drive, Barron)

**TRX Class** — Blend of cardio and resistance training

Monday June 9 from 5:30-6:15 p.m. at the 4EverFit Studio (2766 Pioneer Ave., Rice Lake)

**High Intensity Training Class** — Interval style class with a focus on cardio

Thursday, June 12 from 8:30-9:15 a.m. at the 4EverFit Studio (2766 Pioneer Ave., Rice Lake)

**Kettle Bell Cardio** — Work on your stability and core strength

Monday, June 16 from 5:00-6:00 p.m. at Sunshine Fitness (432 Highway 8 and 63, Turtle Lake, across from the Casino)

**Dance Fit Fusion** — Promote fitness and health through dance and cardio

Monday, June 23 from 5:30-6:30 p.m. at Becky's School of Dance (1571 E. Division Ave., Barron, back of the Ag Risk Mangers Building)

**Beginner Level Yoga Class** — Emphasis on breathing, stretching and relaxing to music in a softly lit atmosphere

Wednesday, July 2 from 5:30-6:30 p.m. at the Eden Yoga Studio (Cedar Mall, 2900 S. Main Street, Rice Lake, behind Regis Salon)

## BE WELL BMI CHALLENGE QUESTIONNAIRE

Have you ever participated in a health challenge? Yes/No If Yes, how many? \_\_\_\_\_

Did you know what BMI was BEFORE the challenge? Yes/No

Do you have a better idea of what BMI is AFTER the challenge? Yes/No

Do you feel healthier after completing the Be Well BMI Challenge? Yes/No

Additional Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**POINT TRACKERS MUST BE SUBMITTED NO LATER THAN MONDAY, JULY 14, 2014 TO:**

Barron County Government Center

Attn: Be Well Barron County/Rebecca Volk

335 E. Monroe Ave., Room 338

Barron, WI 54868

[rebecca.volk@co.barron.wi.us](mailto:rebecca.volk@co.barron.wi.us)



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