



**2 PEOPLE.  
1 WEIGHT LOSS CHALLENGE.  
1 GOAL.  
LOSE 2 WIN**



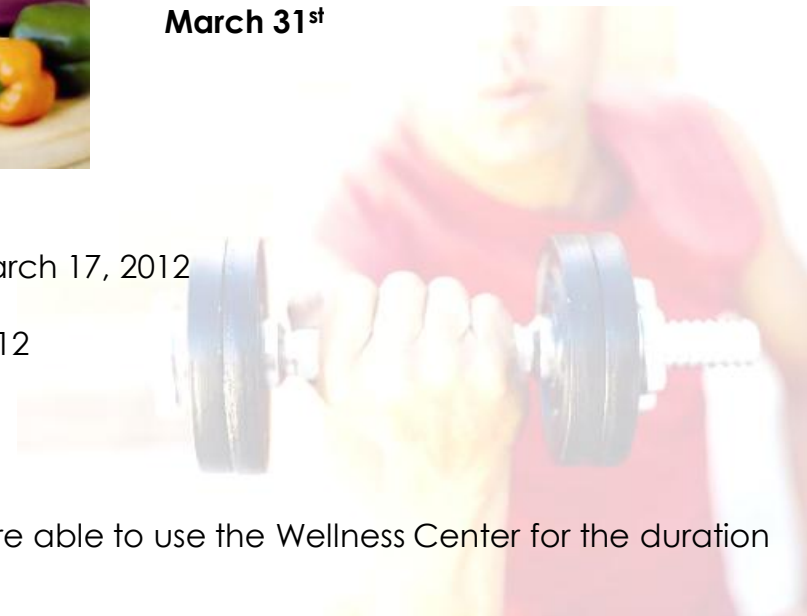
**Program Criteria:**

- Must be an associate, associate's spouse or dependent (must be at least 16 years old), contractor, or temporary
- Must have 2 people on team
- Must read and sign participant commitment form
- Must have total team payment when turning in the registration form
- Must fill-out PAR-Q and return w/ registration form
- Please schedule a L2W Fit test w/ a trainer to be done between **March 18<sup>th</sup> – March 31<sup>st</sup>**

- **Registration:** February 1 – March 17, 2012
- **Program:** April 1 – June 9, 2012
- **Cost:** \$5 – members  
\$30 – non-members



\*\* (non-members are able to use the Wellness Center for the duration of the program.)\*\*



# 2012 LOSE 2 WIN

## Program Criteria:

- \* Must be an associate, associate's spouse or dependent  
(must be at least 16 years old), contractor, or temporary
- \* Team must consist of 2 people
- \* Must read guidelines and sign below
- \* Must have total team payment when turning in registration form
- \* Must fill-out PAR-Q and return it with registration form
- \* Please schedule a L2W Fit Test with a trainer to be done  
between March 18<sup>th</sup>-March 31<sup>st</sup>

**Registration:** February 1<sup>st</sup> ~ March 17<sup>th</sup>

**Program dates:** April 1<sup>st</sup> ~ June 9, 2012

**Cost:** \$5 per members

\$30 non-member \*\* (non-members are able to use the Wellness Center for the duration of the program.)\*\*

TEAM NAME: \_\_\_\_\_

Name: \_\_\_\_\_ Associate #: \_\_\_\_\_ Shift: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Plant: \_\_\_\_\_ Paid: \$ \_\_\_\_\_

E-Mail: \_\_\_\_\_

How will you be recording your weights and challenges?

Please Circle one: Drop slip box at WC or Survey Monkey

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Name: \_\_\_\_\_ Associate #: \_\_\_\_\_ Shift: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Plant: \_\_\_\_\_ Paid: \$ \_\_\_\_\_

E-Mail: \_\_\_\_\_

How will you be recording your weights and challenges?

Please Circle one: Drop slip box at WC or Survey Monkey

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

OFFICE USE ONLY: Staff initials: \_\_\_\_\_ Date: \_\_\_\_\_ Paid/type: \_\_\_\_\_ Enrolled \_\_\_\_\_

# Risk Factor Evaluation

This risk factor evaluation form is the first step for acceptance into the Wellness Centers exercise program. This questionnaire is designed to tell you whether you are ready for an exercise test and a progressive exercise program. The Wellness Center fitness evaluation has been designed to identify those individuals who should seek medical advice concerning the activity that is most suited for them. The following pages contain fit test interview questions and evaluation results to help the fitness professionals be able to create the most beneficial program for you.

Name:	Associate #:	<u>Emergency Contact</u> Name:
Address:	Phone:	Phone:
	Birthdate:	
Email:	Sex (circle):    M        F	Relationship:

## PAR-Q (Physical Activity Readiness Questionnaire) & You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 16 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you're not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Date									
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
2. Do you feel pain in your chest when you do physical activity?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
3. In the past month, have you had chest pain when you were not doing physical activity?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
7. Do you know of any other reason why you should not do physical activity?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N

If you answered	YES to one or more questions	-Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness assessment. Tell your doctor about the PAR-Q and which questions you answered YES. -You may be able to do any activity you want- as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. -Find out which community programs are safe and helpful for you.	No to all questions	If you answered No honestly to all PAR-Q questions, you can be reasonably sure that you can: -Start becoming much more physically active- begin slowly and build up gradually. This is the safest and easiest way to go. -Take part in a fitness assessment - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively

Delay becoming much more active if...  
 -you are not feeling well because of temporary illness such as cold of a fever- wait until you feel better, or  
 -you are or maybe be pregnant- talk to your doctor before you start becoming more active

Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada and their agents assume no liability for persons who undertake physical activity. If in doubt after completing this questionnaire, consult your doctor prior to physical activity.

Note: If the PAR-Q is being given to a person before he or she participates in a physical activity program or fitness appraisal, this section may be used for legal or administrative purposes.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent (for participate under 18 years of age) \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Honda Wellness Centers

# Overview and Guidelines

## Spring 2012 Lose 2 Win: April 1 – June 9, 2012

- Criteria
  - Must be a Honda Associate, Honda Associate spouse/dependent (16-26 years old - on benefits), temporary, or contractor
    - **NEW!** – non-members, temporaries, and contractors who are participating in the Lose 2 Win program, are able to utilize the Wellness Centers for the duration of the program (March 18<sup>th</sup> – June 23<sup>rd</sup>)
  - 2 people on each team
  - Commitment form must be signed by both team members
  - You will weigh-in Tuesday or Wednesday (by 8pm) each week
    - Survey monkey will close Wednesday at 8pm
    - If you are unable to weigh-in one week, please let a Lose-To-Win representative know so that arrangements can be made.
  - Destination Wellness points will be awarded **upon completion** of the program
    - **Completion to earn points**
      - You must weigh-in at the initial, middle, and final weigh-ins
      - You must have completed **8** of the **10** challenges (bonuses are not included)
  - Must have team's total payment when turning in registration form
  - Please submit only **one** form of your data. Do not place your information on a drop slip, and then send us the survey monkey with your information. In past sessions, we have had discrepancies between the two.
    - Survey monkey (delivered to e-mail address that you provided)
    - Drop slip (drop slip boxes located in all Wellness Centers)
- E-mail
  - You will receive various e-mails throughout the program each week
    - Survey monkey e-mail
    - Challenge e-mail
      - Will also include fitness/nutrition tip or info
    - Results e-mail
  - If you are not able to open or receive any of the e-mails, please contact us.
  - If you do not have e-mail, this information will also be available at each Wellness Center
- Weigh-ins
  - Initial pre-test weigh-in: March 18 – 31, 2012
  - Final post-test weigh-in: June 10 - 23, 2012
  - Middle weigh-in: May 6 - 12, 2012
  - Initial, middle, and final weigh-ins must be verified by a Wellness Center Staff Member
  - Weekly weigh-ins
    - Be consistent – wear the same type of clothing
      - T-shirt and shorts are preferred because they are lightweight
      - No shoes are also preferred
      - Please no steel-toe shoes
    - Do not need to be verified by staff
    - If for any reason you are unable to weigh-in on Tuesday or Wednesday, please notify a Lose-to-Win representative to make arrangements, otherwise, the previous week's weight will be used.
  - The initial, middle, and final weigh-ins must be completed. If you do not do the final weigh-in, your initial weight is used, therefore putting your total weight loss percentage at 0%. This will also decrease your team's total weight loss percentage.

# Overview and Guidelines

## Spring 2012 Lose 2 Win: April 1 – June 9, 2012

- Tracking
  - Weights will be taken out of the drop slip boxes each Thursday morning and the survey monkey will be downloaded every Thursday morning.
- Challenges
  - You will find attached to the registration packet the challenges for each week of the program
    - The challenge sheet will also be attached to the challenge e-mail each week
    - An e-mail stating what the challenge is for the week will also be sent out
  - The challenges will be continuous. So, you are required to perform the whole challenge in order to receive credit.
    - The reason for this is to build a habit. With continually doing each challenge throughout the program, you are building a habit of implementing these nutrition/fitness tips into your daily routine.
  - Bonus Challenges will still be given
    - You and your teammates are able to perform bonus challenges in order to increase your total challenge points at the end of the program.
    - You will only be given credit for one bonus challenge, although you can do two or more of the bonus challenges.
    - When you perform a bonus challenge, you earn 10 points for your team.
  - At the completion of the program, team challenge totals are formulated into your team's overall percentage. Therefore, completion or non-completion of challenges can make or break your overall team standings.
  - Now all participants have access to use the facility for the duration of the program. So, take the opportunity to stop in and workout together!
- Postings (weekly and final results)
  - Due to Health Fitness Corporation's Data Privacy Policy, only a team's weight and percentage loss can be shared. So, result summaries will be sent out for team weight loss percentages and team challenge percentages
  - Postings will be placed in the Wellness Centers and will also be sent by e-mail

Please continue to provide feedback whether positive or negative. We want to provide our participants with the best weight loss program possible in order to help you Lose so that you may Win your own weight loss challenge. If you have any questions or concerns, please do not hesitate to contact one of us.

### Associate Wellness Center reps

- Dianna Tennant: 937-498-5798 (ext. 63683) or [dianna\\_tennant@ham.honda.com](mailto:dianna_tennant@ham.honda.com)
- Jennifer Harford: 937-498-5798 (ext. 63682) or [jennifer\\_harford@ham.honda.com](mailto:jennifer_harford@ham.honda.com)

### Watson Wellness Center reps

- Carra Gilliam 937-645-8776 (ext. 61575) or [carra\\_gilliam@ham.honda.com](mailto:carra_gilliam@ham.honda.com)
- Heather Burlingame: 937-645-8776 (ext. 61575) or [heather\\_burlingame@ham.honda.com](mailto:heather_burlingame@ham.honda.com)

### East Liberty Fitness Room rep

- Heather Burlingame: 937-642-7333 (ext. 65012) or [heather\\_burlingame@ham.honda.com](mailto:heather_burlingame@ham.honda.com)

### Wellness Center Dietitian

- Janan Wolowiec: 937-645-8776 (ext. 61715) or [janan\\_wolowiec@ham.honda.com](mailto:janan_wolowiec@ham.honda.com)

## 2012 LOSE 2 WIN WEEKLY CHALLENGES

<b>Week 1</b>	Walk at least 10 minutes each day
<b>Week 2</b>	Drink at least 64 ounces of water per day with a minimum of 5 days / week - continue with week 1 challenge -
<b>Week 3</b>	Try a relaxation technique (breathing exercises, yoga, stretching, etc) - continue with week 1 and week 2 challenge -
<b>Week 4</b>	Workout a minimum of 3 x per week (workout provided) - continue with week 1 and 2 challenge -
<b>Week 5</b>	Eat a total of 5 fruits and/or veggies per day - continue with week 2 and 4 challenge -
<b>Week 6</b>	Read and Fill-out "Getting the Scoop on Sugar" article - continue with week 2, 4, and 5 challenge -
<b>Week 7</b>	Attend an aerobics class (stop in or visit <a href="http://www.hondawellness.com">www.hondawellness.com</a> for listings of classes) - continue with week 2 and 5 challenge -
<b>Week 8</b>	Find and try a healthier version of your favorite unhealthy snack - continue with week 2, 4, and 5 challenge -
<b>Week 9</b>	Read and Fill-out "Recognizing Stress" article - continue with week 2, 4, and 5 challenge -
<b>Week 10</b>	Track food intake for the week (handout provided) - continue with week 2, 4, and 5 challenge -
<b>BONUS CHALLENGES</b>	
** For the bonus challenge, participants will only get credit for one of the 4 options **	
<b>Option 1</b>	Complete a formal race outside the Wellness Center (5K, half-marathon, etc)
<b>Option 2</b>	Participate in the Winning Weigh program
<b>Option 3</b>	Attend a Group Nutrition Class
<b>Option 4</b>	Attend Weigh Fest

**Note:** To get credit for each weekly challenge, you must complete the whole challenge meaning continuation challenges must also have been completed