



Winter Wellness 2017

Lets get active & healthy this winter!

1. Registration begins January 16, 2017

Winter Wellness Kick Off Event

January 16, 2017

5:30 p.m. - 7:30 p.m.

Lakeside Rehab Family Fitness

39 State Street, Hart, MI

2. Last Day to register is January 31, 2017.
3. **Thanks to our sponsors this program is completely FREE!**
4. Start moving and Record your activity level each day. Earn bonus points for some other healthy practices too!
5. Be active at least five days a week.
6. Increase your activity level slightly each day.
7. Complete program on **February 28, 2017** turn in the Points form and evaluation survey into Lakeside Rehab Family Fitness on or before **March 3, 2017.**
8. The completed point form and evaluation survey enters your name into a drawing for prizes compliments of our sponsors and local businesses.
9. **All prize winnings will be given away at the Closing Celebration.**
March 6, 2017, 5:30 p.m.
Lakeside Rehab Family Fitness
39 State Street, Hart MI





Winter Wellness 2017

Registration Form:

Name: _____ Phone: _____

Address: _____

E-Mail: _____ Sex: (Circle one) Male Female

Age Category: (Circle the age)

Youth 17 & Under

Adult (18-64)

Senior(65+)

Thank you for joining Winter Wellness, you have made great choice. Make sure you stop and see all our vendors. Each vendor has amazing programs happening this winter.

1. Registration begins **January 16, 2017**
Kick Off Event
5:30 p.m. - 7:30 p.m.
Lakeside Rehab Family Fitness
39 State Street, Hart, MI
2. Last Day to register is **January 31, 2017**
3. **Thanks to our sponsors this program is completely FREE!**
4. Start moving and Record your activity level each day. Earn bonus points for some other healthy practices too!
5. Be active at least five days a week.



Winter Wellness 2017

New Year Resolutions 2017

Some of you may identify with being active and eating nutritiously, some of you may not. How do you want **this** new year to be different than the last? Completing this form will help to put things in perspective. (This does not need to be turned in. It's intended to help you start thinking and changing your life for the better.)

Starting with You!

Why are you participating?

What are the benefits of becoming more physically active and eating better?

Fill out the chart below:

<u>Important Benefits to being healthy</u>	<u>Barriers that are holding me back:</u>

Think back to a time when you felt better, had more energy or achieved a goal
List a few of your past successes, and the choices that helped you achieve success.

Looking at your benefits and barriers List:

Focus on one or two of the excuses keeping you from working out. Instead of making excuses not to workout or get healthier, make excuses to workout and to make healthier choices. Make every day a success!

My Success Strategies

Strategies are a fluid; they are not set in stone. When one of your strategies does not work, don't worry; modify until you find what works best for you.

My Strategies	Is it working?	What can make it better?



Winter Wellness 2017

Activity Chart Points

There are many Winter Activities To help you stay in track with your goals. Many of them are listed on the following page but don't limit yourself to these activities get out and start moving.

Winter Wellness Mile Chart, Record 1 Point every time you.....

Walk 1 mile or 2000 steps (pedometer)	Sledding/ tube 30 minutes	Jog/ Run 15 minutes or 1 mile	Dance 30 minutes
Swim 30 minutes	Ice skate 30 minutes	Cycle 15 minutes	Bowl 90 minutes
Cross country Ski 15 minutes	Downhill Ski 30 minutes	Weight train Circuit 30 minutes	Chop wood for 15 minutes
Snowboard 30 minutes	Stretch 15 minutes	Stair/ bench step 15 minutes	Participate in exercise class 30 minutes
Snow Shoe 15 minutes	Basketball 20 minutes	Skip Rope 10 minutes	Volleyball 20 minutes
Ride a stationary bike 15 minutes	Racquetball/ handball 20 minutes	Snow Shoveling 15 minutes	Pickel Ball 30 minutes
Maintain a food journal for one week	5 -9 Servings of fruits/ veggies a day	Drink 6 -8 (8 oz.) glasses of water/day	Attend biometric screening (20 point bonus)
Winterfest Sporting Activities (10 Point Bonus)	Attend nutritional class (10 Point bonus)	Add your favorite exercise: 20 minutes of any exercise that makes you breathe hard and sweat (1 Point)	Quit using tobacco PERMANENTLY!! (50 Points Bonus!) GreatJob!!!!



Winter Wellness 2017

Evaluation Survey:

1. Overall, I was satisfied with the Winter Welless Program and would participate again if the program is offered. YES NO

2. The registration process was easy. YES NO

3. I have gained some health benefits from participating in the program. YES NO

If yes, specify. (Check all that may apply.)

Feel better overall

Weight loss total weight loss

Improved mental health

Reduced alcohol, tobacco or drug use

Other (Please specify.) _____

4. My activity level increased as a result of participating in the program. YES NO

5. My energy level increased as a result of participating in the program. YES NO

6. I would recommend this program to my family and friends. YES NO

7. Where did you first hear about the program? _____

8. Comments: _____

9. Would you be willing to help out next year? YES NO

Optional:

Name: _____ **Phone:** _____

Email: _____



Winter Wellness 2017

HEALTH POINTS EQUIVALENT CHART

January 16- February 26, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
	16 Jan	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	1 Feb	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27 Turn in Your Points	28	1 March	2	3 Last Day to turn in Points	Grand Total:	
6 Prizes & Winners announced Closing Party 5:30 pm at Lakeside Family Fitness							

1. Points are measured as a "health mile equivalent"
2. The program begins Monday, January 16, 2017 and ends Feb 27, 2017. Turn in milage form, and evaluation survey at: Lakeside Rehab Family Fitness on or before March 4, 2016. No late forms will be accepted.
3. March 6, 2017 Closing Celbration and PRIZES! 5:30 pm @ Lakeside Family Fitness

Name: _____ Phone: _____





Winter Wellness 2017

KICK OFF FAMILY EVENT

January 16, 2017
Lakeside Family Fitness
39 State St. Hart, Michigan
5:30-7:30 p.m.

Register For:
Winter Wellness
Community Events

Track your fitness for six weeks for chances to win prizes!!!
Top Winners in six categories.....many other will win too!

Don't Miss Our:

Closing Event Party
March 6, 2017
5:30 pm

All prize winners will be announced
Guest Speaker and Lots of Fun!

Vendors/ sponsors will be having prizes at both events.

**Let's take the Steps to improve the
Health of Oceana County!**

