

5210 Weigh To Go Team Challenge

Start 2024 With Wellness

By joining

Delta Health System-The Medical Center

and

the Hodding Carter Memorial YMCA

With your group for fun, competition, and wellness.

Why 5210?

- 5 - Eat 5 or more fruits and vegetables each day
- 2 - Spend 2 or less hours of recreational screen time each day
- 1 - Get 1 hour of activity each day
- 0 - Avoid sugary drinks and fuel your body with water and low-fat milk

What Do I Need To Know About The Team Challenge?

- ❖ The six-week Team Challenge begins January 8, 2024
- ❖ The six-member team is ages 18 and older.
- ❖ Cost per team is \$60.00.
- ❖ Body weight, body mass index, blood pressure, blood sugar and cholesterol will be tested at the beginning and end of the program.
- ❖ Weekly programs and activities will be provided by The Medical Center and YMCA staff to motivate and improve your results - dates will be available at kickoff.
- ❖ Mississippi Marathon 5K training program **Delta StrYders** Run... Walk... Move... and \$5 Race coupon.
- ❖ Each team member will have access to the YMCA facilities to work out during the challenge.
- ❖ Participants can work out anywhere. Work out together for more fun and accountability.
- ❖ Weekly weigh-ins will be available at the YMCA.
- ❖ At the end of the six weeks, winners will be chosen in each area measured throughout the program.
- ❖ Prizes will be given to winning teams.
- ❖ Appoint a Team Captain to register your team.
- ❖ More questions, email Ginger Chaffinch at gchaffinch@ymcahcm.org.
- ❖ Register by filling out form and sending back to the YMCA.
- ❖ **HAVE FUN**