



**2019 ANNIE JEFFREY  
SNOWMAN MARATHON  
WELLNESS WAIVER**

I understand that I must have my physician's approval before I begin an exercise program and that Annie Jeffrey Memorial County Health Center is not responsible or liable for any injuries sustained during this event.

Signature\_\_\_\_\_



Get your New Year's Resolution off to a great start by participating in the 2019 Snowman Marathon coordinated by Annie Jeffrey Health Center. The overall goal of the Snowman Marathon is to establish a routine of regular exercise activity and healthy lifestyle changes by providing weekly information and keeping you motivated throughout the marathon.

Free use of the **Annie Jeffrey Wellness Center** will be offered to all marathon participants, but those using equipment at home are also encouraged to participate.

A kickoff for the marathon, and a free health screening will be done on **Wednesday, January 2<sup>nd</sup>, 2019 from 4-6pm**. The free screenings will only be available at this time, so we encourage participants to plan ahead to attend this session. The screenings will include waist circumference, weight, height, body fat, BMI, and Blood Pressure. These screenings will be available again at the Spring Health Fair so you can see how your hard work during the marathon paid off.

Free total cholesterol levels and discounted rates on other Health Fair lab will be available at the Spring Health Fair for those who submit all 9 activity logs on time.

The marathon will begin **Thursday, January 3, 2019** and will be 8 1/2 weeks long. Participants will track and submit activity logs each week, by email or in person to the wellness center.

All participants will receive a Snowman Marathon T-shirt. The t-shirt size you submit on your registration form will be what we order for you. If your registration was received prior to December 20, 2018, your t-shirt will be available at the kickoff event. A second t-shirt order will go in after the marathon starts for those that registered after December 20<sup>th</sup> and we will notify you when those t-shirts are available.

Prizes will be given throughout the marathon and there will be a grand prize award at the end of the marathon. Remember the goal of the marathon is to make healthy lifestyle changes that will last. All points will be calculated by the participant each week and totaled at the end of the marathon.

Participants that are interested are invited to participate in the Snowman Marathon Fun Walk/Run on Sunday, March 3, 2019. (Time to be determined later) Participants of this event will be entered into a drawing for a prize the day of the 5K.

The Snowman Marathon will conclude at our **Spring Health Fair Tuesday March 5, 2019**.

Please contact Dana or Tammy if you have any questions about the marathon at 402-747-2031 or email [snowmanmarathon@gmail.com](mailto:snowmanmarathon@gmail.com).



## Annie Jeffrey 2019 Snowman Marathon "POINTS"

This is an 8 1/2-week program that begins on Thursday, January 3, 2019.

The cost to participate in the marathon is \$25.00.

There is a weekly point calendar for each of the 8 1/2 weeks.

Beginning on Week #2, there is a **double point challenge** (highlighted in yellow) the person with the most points during this week will win a prize.

Possible points to earn: Weight loss, Water Consumption, Eating Time, Eating Fruits/Vegetables, Sugar Consumption, Food Journal and Exercise.

You can exercise each day, but you will only receive points for exercising 5 days per week.

You can choose to not eat sugar/treats each day, but you will only receive points for not eating sugar on 6 days. (Everyone needs a free day)

Food journals will be available for pickup at the kick-off event or you may use your own kind of food journal to keep track of what you eat.

Example of weight loss points: You will get 5 points for maintaining your lowest previous weight AND 10 points for each whole pound lost. If you gain weight, you will report 0 points AND you don't get any weight loss OR maintenance points in future weeks until you return to the lowest weight you had already achieved. If you maintained your previous lowest weight, you report 5 points. If you lost 1 pound you would report 10 points. (Each pound = 10 points)

Cash Prize money will be given out to the first and second place participants who lose the most weight and the person who has the most total weekly points.

A leader board will be emailed to participants and posted in the wellness center to show each participant's individual progress.

Turn in/submit your activity log every Tuesday by 9AM for it to be considered turned in on time. The Week 8 activity log is due on Monday, March 4<sup>th</sup> at 9AM so we can have results ready for the Spring Health Fair. You can submit your weekly activity log by turning them in at the wellness center or by emailing [snowmanmarathon@gmail.com](mailto:snowmanmarathon@gmail.com).



## 2019 SNOWMAN MARATHON MEASUREMENT RECORD

**NAME:** \_\_\_\_\_  
**PARTICIPANT NUMBER:** \_\_\_\_\_

	<b>PRE MARATHON</b>	<b>POST MARATHON</b>
<b>BLOOD PRESSURE</b> <b>(LEFT or RIGHT ARM)</b>		
<b>WAIST CIRCUMFERENCE</b>	_____ inches	_____ inches
<b>WEIGHT</b>	_____ pounds	_____ pounds
<b>HEIGHT</b>	___ Feet ___ Inches	
<b>BMI/BODY FAT</b> <b>(Hand Held Scale or Step on Scale)</b>	<b>BMI:</b>  <b>Body Fat:</b>	<b>BMI:</b>  <b>Body Fat:</b>