



Get your New Year's Resolutions off to a great start by participating in the 2015 Snowman Marathon coordinated by Annie Jeffrey Health Center. The overall purpose of the Snowman Marathon is to establish a routine of regular activity and healthy eating by providing weekly goals, nutrition information, and keeping you motivated with fun activities or challenges and prizes.

Sign up between Nov. 3-Dec. 19 Registration costs will be \$25.00.

To obtain a Registration Form, a packet and to pay your \$25 registration fee please go to the Annie Jeffrey Business Office at 531 Beebe Street in Osceola. The business office is open Monday-Friday 7am-5pm. Registration forms and registration fees will only be accepted during the sign up period, and packets will be handed out at that time.

In order to hold your space, you will need to return your registration form, \$25 registration fee and pick up your packet in person at the Annie Jeffrey Business Office. Once all 70 packets have been picked up, we will no longer accept any further registrations. You may mail your registration form and \$25 registration fee to reserve your spot. Remember to pick up your packet. We will allow another person to pick up your packet, as long as your registration form and payment have been submitted.

In the packet, participants will be given instructions, mileage logs, and weekly contest forms.

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

Free health screenings will be done on Wednesday January 7th from 4-6pm. These free screenings will only be available at this time, so we encourage participants to plan ahead to attend this session. These will include waist circumference, weight and height, body fat, BMI, Blood Pressure. These screenings will be available again on March 3rd at the Spring Health Fair.

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 8 mileage logs by March 1st. (Only 1 free blood draw will be done this year)

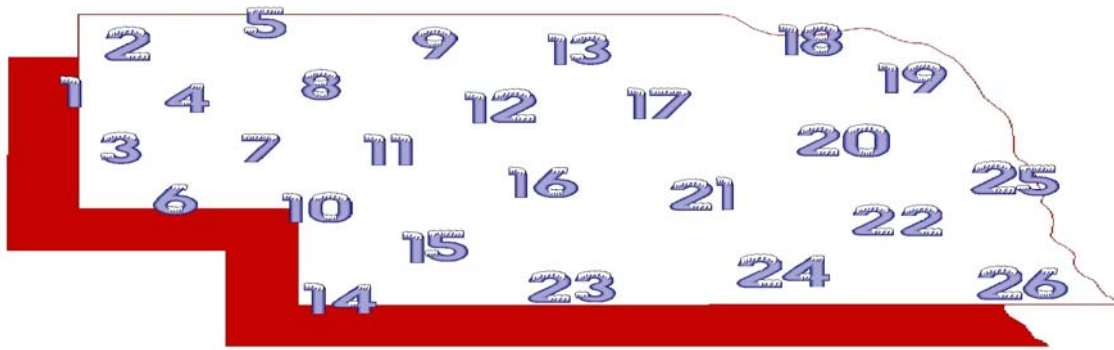
The marathon will begin January 4th, 2015 and be 8 weeks long. Participants track and submit exercise logs each week, by email or in person. **Note this year the marathon will start before our free health screening night.**

Prizes will be given to participants throughout the marathon.

All participants will receive a Snowman Marathon T-shirt.

Snowman Marathon concludes at our Spring Health Fair on March 3rd.

If you have any questions please contact Nataly or Robin at 402-747-2031 or email snowmanmarathon@yahoo.com



Annie Jeffrey
2015 Snowman Marathon
Checkpoints

In order to advance one checkpoint, you must complete a minimum of 30 minutes of exercise in a day.

To stay on track and successfully complete this program in the two month period, you will need to advance to once check point at least three times per week for 8 weeks of the contest period.

You are allowed **only** one checkpoint advancement per day even if you do exercise more than thirty minutes per day.

Choose exercises from the list of “eligible exercises” in the guidelines on the other side of this map.

Turn in exercise logs every Monday by midnight to be eligible for weekly prizes. Results will be posted on the leader board in the Wellness Center and by email on Wednesday of each week.

Annie Jeffrey
2015 Snowman Marathon
Guidelines

How to participate

You will exercise your way through 26 virtual checkpoints in “Nebraska”, advancing to the next checkpoint by satisfying one exercise requirement - doing one or more of the eligible exercises listed in these guidelines for 30 minutes.

Eligible Exercise

Below is a list of eligible exercises for you to choose from. Any exercises not listed below should not be included on your log.

Walking/Jogging/Running

Swimming Laps/Water Aerobics

Bicycling

Court Sports (tennis, basketball, handball)

Aerobic Dance (jazzercise, low/high impact, step aerobics)

Aerobic Machines (treadmill, stepper, rower, hand cycle, elliptical, stationary bike, NuStep)

Report your progress

Report your progress every Monday in the Wellness Center or by emailing weekly log information to snowmanmarathon@yahoo.com

Leader Board

When you sign up for the Snowman Marathon you will be assigned a number which will be used instead of your name when posting on the leader board. Your number can be found on the inside cover of your Snowman Marathon folder. If you win any of the prizes your name will be posted on the leader board located in the Wellness Center and by email.

How the winner is determined

Winners will be randomly drawn from all participants who complete all their weekly challenges and turn in all weekly checkpoint logs on time.

Annie Jeffrey
2015 Snowman Marathon

Kick Off Event

Wednesday, January 7th

4:00pm-6:00pm

Annie Jeffrey

Health Center

Wellness Center orientations will be available at this time!

Please bring the attached Wellness Center Application filled out to the kickoff event.