



Get your New Year's Resolutions off to a great start by participating in the 2012 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 and prizes.

- * Sign up between Nov. 1-Dec. 16 Registration cost will be \$25.00.
- * For 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 fee's 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 60 packets have been picked up, we will no longer accept any further registrations. You may mail your registration form however, your spot will not be reserved until your packet has been picked up. 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, weekly contest forms and prize information.

- * Free use of the AJ Wellness Center will be offered to all participants, but those using equipment at home are also encouraged to participate.
- * Solo Fitness in Stromsburg is offering a 1/2 price registration fee of \$25.00 and a free two month membership during the Snowman Marathon for all participants. To set up a time for your registration contact Fran at 402-750-9582.
- * Free health screenings will be done on Wednesday, January 4th 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 1st 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 1, 2011. Participants have 8 weeks to complete 26.2 miles. Participants track and submit exercise logs each week, by email or in person.
- * Weekly prizes will be given to reward participants for meeting specific goals.
- * All participants will receive a Snowman Marathon T-shirt.
- * Snowman Marathon concludes at our Spring Health Fair on March 1st.
- * If you have any questions please contact Shelly at 402-747-1416 or email snowmanmarathon@yahoo.com



Annie Jeffrey
2012 Snowman Marathon

Registration Form

Name: _____

Address: _____

Phone Number: _____

T-Shirt Size: _____

If you would like to receive leader board updates, prize notifications and motivational information by email, please provide your address below:

Email Address: _____

Are you planning to attend the free health screenings on January 4th?
_____YES _____NO

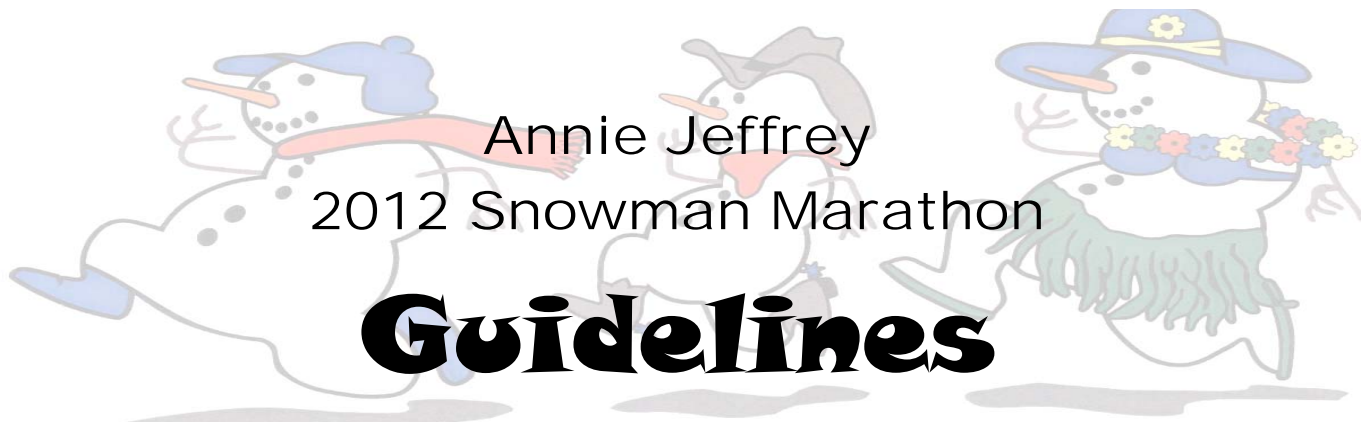
I understand that I must have my physician's approval before I begin an exercise program and that Annie Jeffrey is not responsible or liable for any injuries sustained during this event.

Signature _____

Make checks for \$25 payable to Annie Jeffrey.

Return this form and payment to the Business Office at Annie Jeffrey.

If you have any questions please contact Shelly at 402-747-1416 or email snowmanmarathon@yahoo.com



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Guidelines

How to participate

You will exercise your way through 26 virtual checkpoints in Polk county, 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

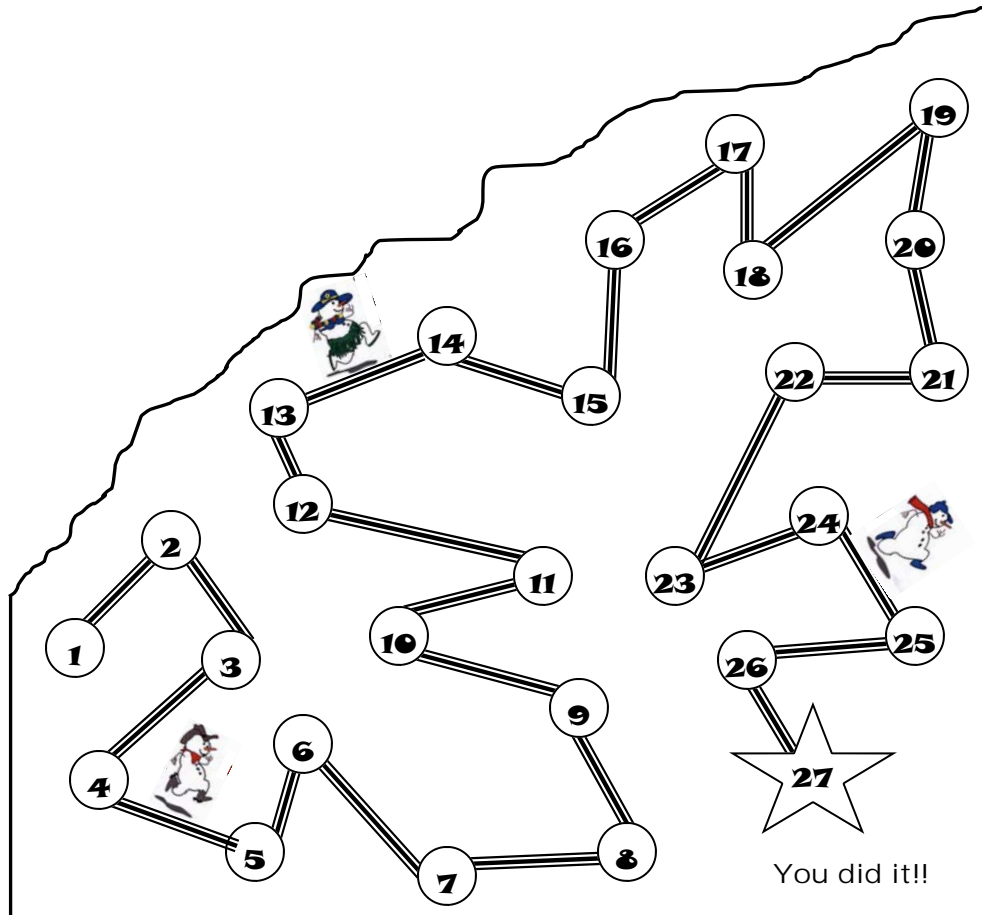
When you sign up for the Snowman Marathon you will be assigned a number which will be used instead of your name when posting on the leader board. Your number can be found on the inside cover of your Snowman Marathon folder. If you win any of the prizes your name will be posted in the Wellness Center and by email. If you do not want your name posted, please contact Shelly at 402-747-1416.

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.

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2012 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.
- * 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 in the Wellness Center and by email.



Annie Jeffrey

2012 Snowman Marathon

Kick Off Event

Wednesday, January 4th

4:00pm-6:00pm

AJ Wellness Center

Wellness Center orientations will be available at this time!

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

Body Fat Analysis

Blood Pressure Checks

BMI

Waist Circumference

Weight & Height

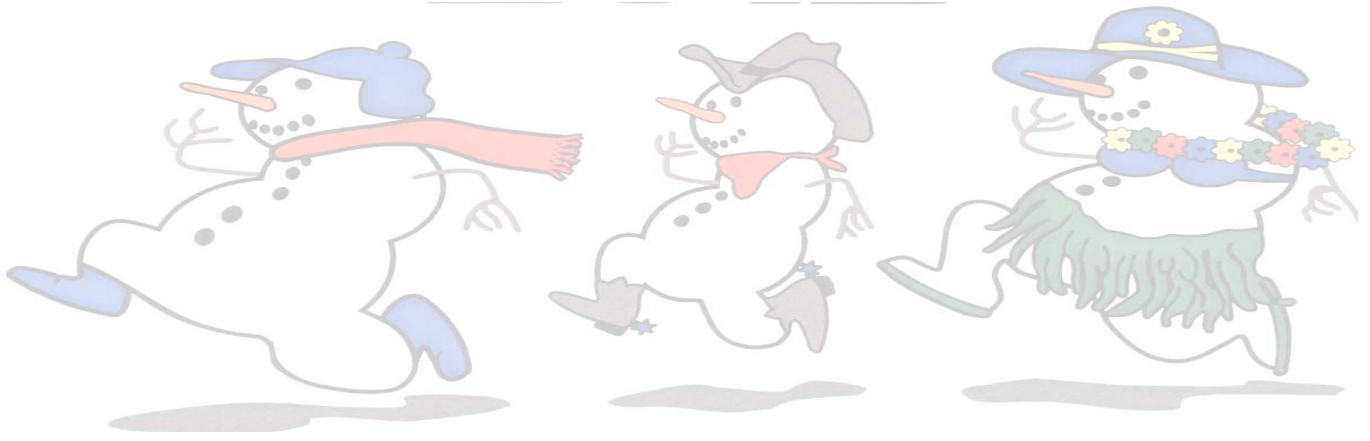


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2012 Snowman Marathon

Prize List

- * Week 1 - Complete at least 3 checkpoints and be entered to win a SNOWMAN CANVAS TOTE BAG
- * Week 2 - Calculate your recommended calorie intake and return to be entered to win a : ECONOMY GIFT CARD
- * Week 3 - Complete at least 9 checkpoints by this time and be entered to win a: ANNIE JEFFREY FLEECE JACKET, TSHIRT & COOLER
- * Week 4 - Turn in a Exercise Log this week and you will receive a: ANNIE JEFFREY WATER MUG
- * Week 5 - Take and return the Calorie Quiz and be entered to win a: CASEY'S GIFT CARD
- * Week 6 - Complete at least 18 by this time and be entered to win a: FREE NUTRITION CONSULT AND LIPID PROFILE
- * Week 7 - Turn in your Fruit and Veggie Bingo card and be entered to win a: AJ WELLNESS CENTER 1 MONTH MEMBERSHIP
- * Week 8 - Grand Prize valued at over \$200!!

All Exercise Logs must be turned in to be eligible for the prize!!



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