

Great Strides 2012 (Family)

Great Strides community exercise program, in its **18th Year**, officially begins Monday, **March 19, 2012** and runs through Sunday, April 29, 2012. Participants can compete as an individual, on teams of up to six participants, *or as a family*. **The goal of Great Strides is to encourage an increased activity level above and beyond your normal daily activity.**

All participants will receive a **Great Strides** T-shirt. Those teams/ individuals in attendance at the **Great Strides** Program Celebration at the end of the 6-weeks will be eligible for a variety of great door prizes.

Rules of the Contest:

Each team **must pick** a team name and a captain. The **entry fee** is \$10.00 per person - \$50 maximum per family team and is due upon registration (**deadline Thursday, March 15th**).

FAMILY TEAM CAPTAIN: Please complete and turn in the Family registration form by March 15th. Post Family Score Card in a prominent place in the house.



FAMILY TEAM MEMBERS: Report your point accumulation to your Captain or log on the Family Score Card.

WEEKLY REPORTING: Reporting is based on the "honor system" and points need only be certified by the team captain. Each **Monday by 5:00PM**, team captains must report their team points for the previous week on a Captain Log sheet (provided). The first date to report your team points will be **Monday, March 26** for the week of March 19–25 and the last log sheet will be due **Monday, April 30th**.

Weekly statistic sheets may be turned in as follows:

Drop in **Great Strides** box located at the receptionist counter at 20 S. Plum St.

Fax to Administration (605-624-8684) attn: Jill

E-mail to jill.christopherson@sanfordhealth.org (*E-mail report **must have** complete information*).

If your Team log is not received each week by Monday at 5:00PM, miles will not be reflected in *The Equalizer* that week. **If your team log is not received by Friday at 5:00PM of that week, miles accumulated will not be counted at all.** Weekly standings will be reported in *The Equalizer*. Stats will also be available on our website Wellness page at www.sanfordvermillion.org.

The **Great Strides** community exercise program encourages **family** participation and activity. Our goal for this category is to allow for **families of all ages and sizes** to participate effectively in the six-week program. In order to accommodate the inclusion of children from the pre-schooler to adolescents and teens, the **Family** category utilizes a point system rather than the typical mileage tracking in the standard **Great Strides** competition categories. The **Family** category also incorporates ways to establish healthy eating habits in addition to a regular exercise program.

Following is information on how your **family** can work together to achieve established goals of physical activity and healthy eating points. **Good luck and HAVE FUN!**

Rules of the Contest:

Families earn points by accomplishing any or all of the following challenges. Some points can be earned every day – some are a week long or family challenge. All family scores will be calculated to an average based on the number of team members. This will allow for family scores to be comparable no matter how many participate.

Review the **Family Score Card** with all participating members of the family. Post in a prominent place in the house [*refrigerator door, message board*] for a daily reminder to everyone. Make certain everyone understands how your team will individually and collectively earn points and start . . . **ADDING THEM UP!!**

Competition Categories:

Please review the competition categories and **register your family at the appropriate level**. Choose the competition category that is nearest your current family activity level or slightly above your normal activity in order to achieve increased levels of exercise and healthy habits.

Recreation—132 points in six weeks (Average of 22 pts per week)

Intermediate—168 points in six weeks (Average of 28 pts per week)

Power Pushers—198 points in six weeks (Average of 33 pts per week)

Get together. Get active. Get healthy.

Competition Points:

Daily Competition Points:

Exercise - All family members receive **1 pt.** for **every 30 minutes** of physical activity. Please make sure to be active for the full 30 minutes. Every 30 minutes completed by each family member will count for **1 pt.**

Dairy (3 servings per day) - All family members will receive **1 pt.** each for consuming **three servings of dairy products** per day.

Sleep - All family members receive **1 pt.** each day for getting a minimum **7-8 hours** of sleep each night.

Bonus Points:

Vegetables - All family members receive **1 bonus pt.** per day for consuming at least **5 servings of vegetables each day.**

Fruit - All family members receive **1 bonus pt.** per day for consuming at least **2 servings of fruit each day.**

Dine Together as a Family - Earn **1 pt. as a family** for each "all family" sit down meal together each day (maximum **21 pts.** for the week).

Dental Care - Children can earn **1 pt.** for brushing their teeth **twice** each day of the competition.

Limit TV - Children can earn **1 pt.** per day by limiting all television viewing (including video tapes, DVD's and video games) to **ONE-HOUR after 5 p.m.** every day.

Improvements from daily routine: Earn **1 point** a day by making a positive change in any category. Perhaps you NEVER eat fruit. However . . . if you are able to add a serving of fruit to your day, this is a personal accomplishment for you. Hopefully you will build up to meeting that daily requirement – but we also want to reward this effort. (Maximum of 7 points each week).

GOOD LUCK and GOOD HEALTH!

Get together. Get active. Get healthy.

Team Captain Registration Form

Great Strides 2012

Family Team Name: _____

(#) _____ Family members

Competition Category:

Recreational

Intermediate

Power Pushers

Captain Name: _____

Address: _____

Street

City

State

Zip

Captain's E-mail Address: _____
(please print)

Day Telephone Number: _____

FEE: \$10 per person (Cash or Check# _____)

T-shirt Sizes: ___YS ___YM ___YL ___YXL

___M ___L ___XL ___2XL ___3XL ___4XL

XXL & XXXL — add \$2.00 to registration fee

XXXXL — add \$6.00 to registration fee

*RETURN REGISTRATION FORM(S) & REGISTRATION FEE (\$10 PER PERSON - \$50 Maximum per family)
BY MAIL OR TO THE FRONT DESK OF THE HOSPITAL BY MARCH 17th.*

Get together. Get active. Get healthy.

Great Strides ----- Captain's Log Sheet ---- Family Category

NAME OF TEAM: _____

CAPTAIN: _____

FOR THE WEEK OF: *(Please check which week is being reported)*

- March 19-25 March 26-April 1 April 2-8
 April 9-15 April 16-22 April 23-29

TOTAL COMPETITION POINTS FOR FAMILY _____

TOTAL BONUS POINTS FOR FAMILY _____

TOTAL FAMILY POINTS FOR THE WEEK _____

DIVIDED BY # OF TEAM MEMBERS = **Family Average** _____

Please return by 5:00PM each Monday – fax, e-mail or deliver in person.

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