

What is Shape Up & Go!?

Shape Up & Go! is a fun 12 week, team-based fitness, pedometer steps, and/or weight loss competition for Cleveland Clinic employees.

You are invited to form a team of co-workers and compete with other teams to exercise the most hours, lose the most weight, and/or walk the most steps.

Shape Up & Go! is designed for employees of all fitness levels. We'll provide you with tools and resources to easily set goals, track your progress, and motivate your co-workers.

Your \$10 Registration Fee Includes

- High-quality Omron HJ-150 digital pedometer
- Pedometer leash
- Printed competition logbook
- On-line Team Tracker system
- Weekly exercise and nutrition tips



Register by January 29
www.shapeupandgo.org

1. Recruit Your Team

Team captains register online at www.shapeupandgo.org beginning **Monday, January 11** and use our online system to recruit a team (5-11 members including the team captain). Captains will lead their teams in the 12-week challenge to increase physical activity, lose weight, and eat healthier.

2. Get Ready To Compete

The company-wide **competition begins on Monday, February 8**. Sign up on-line and your pedometer with leash, and printed logbook will be delivered to your home.

3. Get Set To Move

Teams may choose to compete in one, two, or all three competition divisions. Results will be based on average weight loss per team member, average hours of total exercise per team member, and average total pedometer steps per person on the team. Each division will have its own separate team standings.

4. Go!

Employees will record their daily progress online or in the printed logbook. Team standings will be published online every two weeks. To protect your privacy, if you choose to participate in the weight loss division, no other participant will ever be able to see your individual weight.

5. The Payoff

The reward of meeting your goals and the fun of working together with co-workers to pursue a healthy lifestyle.

Questions? Call Shape Up & Go! customer support at 1-877-881-0085