

# Get Fit Guilford! Health Challenge

## How to Begin

### Setting up

#### Join a team!

- Either set up a new team of friends, family and/or co-workers or contact us at [www.guilfordct.com](http://www.guilfordct.com) or [www.healthoptionct.com/getfit](http://www.healthoptionct.com/getfit) to be added to an established team
- Each team needs to pick a designated scorekeeper to turn in the entire team's score each week of play

#### Start Date

- Our first round of play will begin on January 16, 2012. It runs for 4 consecutive weeks.
- There will be three other opportunities to play until our Health Celebration on June 9, 2012

#### Read the following directions and begin the health challenge on the start date

- The winning team of each round will be recognized during the Get Fit Guilford Celebration on June 9, 2012 at the Guilford Green. Prizes will be awarded!
- Additionally, the winning team will be posted on Facebook, the Guilford Chamber website, in the Guilford Courier and on Twitter!

## How to play

Each game is played for four consecutive weeks

Each player tallies his/her points per week and must report it weekly to the scorekeeper on a designated day chosen by your team (scores from the week are typically reported on the following Monday)

### Keeping score:

A perfect day is worth 100 points, which include:

- 30 meal points: earn 6 points per meal for eating five fully sanctioned meals
  - See the portion sizes section within this list of rules to learn what a sanctioned meal consists of
- 20 exercise points: earn these points by doing some form of exercise for a minimum of 20 minutes daily
- 10 water points by drinking 2-3 liters of water
  - Avoid all other forms of liquid (no juices, NO diet soda etc)
  - One cup of coffee is ok if you must; herbal teas are allowed (avoid full fat dairy, artificial dairy creamers, artificial sweeteners...)
- 15 sleep points by sleeping a minimum of 7 hrs nightly
- 20 transformation points: 10 points by practicing a new healthy habit and 10 points for eliminating an old, unhealthy one
  - You must pick one good habit to adopt at the start of the game and pick one bad habit to give up
- 5 communication points by being in contact with one teammate and/or one opponent daily

### Exceptions:

- Each week, you get one “meal off” in addition to one “day off” (they may not be saved and carried over to the next week)
- With your “meal off”, you may eat whatever you like including one portion of alcohol without having to take on any penalty points
  - This means you could eat your proper meals throughout the day and enjoy a nice dinner out consisting of whatever you want without losing points for that day

- The “day off” means that you do not lose points for not eating properly, not exercising, not drinking enough water, not sleeping enough, not keeping up with your transformation points or communications points, and you may (safely ) consume alcohol freely without penalty
- Note: be careful with your transformation points, especially if it is something as important as quitting smoking etc – you don’t want to lose all your good work by smoking on your “day off” but it is allowed once a week
- When you are keeping track of your points on the score sheet, these exceptions count as free points. Give yourself full credit for these points during your “meal off” and “day off”

#### **Bonus points:**

- You may earn a 20% bonus of your entire week’s points by attending a Get Fit Guilford! Workshop (if available) that week – if the workshop is an exercise class, you get points for exercising that day and the bonus points for attending a workshop!
- You may earn 10 bonus points at the end of each week by turning in your score to the scorekeeper by the designated time that your team selects at the beginning of play (this is added in the end and is not part of your 20% overall bonus if you attend a health workshop)

#### **Penalties:**

- 10 point penalty for snacking in between meals
  - **Note:** you can eat 100 calories of anything one time a day without getting the snacking penalty!
  - You may also snack on cucumbers/celery throughout the day without losing points
- 20 point penalty if you suggest to any other player a compromise of integrity
  - Example of talking to an opponent: “if I eat a snack, and you eat a snack, we’ll both lose points and it will balance out”; or talking to a teammate: “let’s split this dessert and both be bad”
- 25 point penalty per alcohol portion consumed throughout the week
  - Remember, you are allowed one drink during your “meal off” and as many drinks as you’d like on your “day off”

## Winning the game:

- At the end of each week, turn in your score to your scorekeeper on your designated day
- A perfect score:
  - 700 (from 100 points per day) + up to 20% bonus for attending a workshop that week + 10 points for turning score in on time = 850
  - All scores will be added together by the scorekeeper and then divided by the number of players to get the mean score for each week
  - The scorekeeper will then submit their team score each week to the Get Fit Guilford Health Challenge website: [www.healthoptionsct.com/getfit](http://www.healthoptionsct.com/getfit)
  - At the end of four weeks, the scorekeeper will add the scores from each week and divide by four to get the final average score (example: 750 from week one, 760 from week two, 825 from week three and 842 from week four:  $750+760+825+842 = 3177$  divided by 4 weeks = 794.25 for your teams' final score!)
  - This will be compared to the other teams playing by members of the Get Fit Guilford! Health Committee and the highest score wins

# Food Choices and Portions

**Healthy foods to enjoy during your challenge:**

**Carbs:**

- Beans- any type
- Bread (whole grain)
- Corn
- Leeks
- Milk
- Oatmeal
- Palm hearts
- Pasta (whole grain)
- Peas
- Potato (baked or sweet)
- Rice (brown or wild)
- Taro
- Whole grains- any type (amaranth, barley, bran, buckwheat, bulgar, millet, quinoa, rye)
- Yams

**Proteins:**

- Dairy:
  - Cheese (not full-fat)
  - Greek yogurt / high quality yogurt
  - Egg whites
- Animal/plant proteins:
  - Fish (wild, low mercury is best!)
  - Lean ground beef
  - Buffalo
  - Chicken breast
  - Duck
  - Lamb
  - Pork tenderloin
  - Steak (lean cuts only)
  - Turkey breast or ground
  - Venison
  - Wild game meats
  - Shellfish
  - Seitan
  - Soy foods
  - Tempeh
  - Tofu
  - Veggie burger

**Fats:**

Avocado  
Egg yolk (one)  
Olives  
Nut butters such as almond, cashew, peanut, sesame  
Nuts (raw, unsalted)  
Seeds (dried and unsalted)  
Oils such as fish oils, flaxseed, nut oils, oil spray, olive oil, udo's oil, vegetable oil

**Vegetables:**

Alfalfa\*  
Artichoke  
Asparagus\*  
Bamboo shoot  
Green beans\*  
Beetroot  
Broccoli\*  
Brussel sprouts\*  
Cabbage\*  
Carrot  
Cauliflower  
Celery\*  
Swiss chard\*  
Chinese cabbage  
Collards\*  
Cucumber\*  
Eggplant  
Endive\*  
Fennel\*  
Gourd  
Kale\*  
Lettuce\*  
Mushrooms  
Okra\*  
Onion  
Peas  
Peppers  
Pumpkin  
Radish  
Seaweed/kelp\*  
Spinach\*  
Squash  
Tomatillo  
Turnip

Watercress\*  
Zucchini\*

**Fruits:**

Apple  
Apricot  
Banana  
Berries (black, blue, rasp, straw etc)  
Cherry  
Clementine  
Cranberry  
Currant  
Date  
Fig  
Grape  
Grapefruit  
Guava  
Kiwi  
Kumquat  
Lemon  
Lime  
Lychee  
Melon  
Orange  
Papaya  
Passion fruit  
Peach  
Pear  
Pineapple  
Plantain  
Plum  
Pomegranate  
Rhubarb  
Tangerine  
Tomato  
Watermelon

**Sweeteners:** agave nectar, honey, pure maple syrup (NO artificial sweeteners!)

**Portion Sizes/How to create a “sanctioned meal”**

- Eat a fist sized portion of the healthy carbs **or** fruits list with every meal
- Eat a palm sized portion of protein with every meal
- Eat a thumb sized portion of fats with every meal
- Add at least two fist sized portions of vegetables to at least three meals each day

- \*\* you may eat unlimited greens with the asterisk next to them with all of your meals\*\*
- Sweeteners should be used sparingly
- Check the Support page at [www.healthoptionsct.com/getfit](http://www.healthoptionsct.com/getfit) for sample recipes and helpful tips!

## Foods to avoid

All fried foods  
High-fat/processed meats  
Anything made from refined sugar (sugar, corn syrup, high fructose corn syrup, sucrose)  
Anything made from white flour  
Butter (use sparingly)  
Margarine  
Whole-fat cheese  
Cream  
Dried fruit/fruit juice (enjoy sparingly)  
Baked goods  
Sugary cereal  
Most breakfast bars  
Cakes  
Candy  
Chocolate  
Condiments  
Cookies  
Donuts  
Ice cream  
Pastries  
Pies  
Granola  
Potato chips  
French fries  
Fruit “drinks”  
Sodas / sugar sweetened soft drinks, regular and diet soda  
Bacon  
Fast food  
Hot dogs  
Jerky  
Salami  
Bologna  
Chicken nuggets/fingers  
Fish sticks  
Mayonnaise

**In general, the more packaged and processed and preserved it is, the worse it is for you!**

## SCOREKEEPER GUIDELINES

- Initially, contact us at [getfitguilford@gmail.com](mailto:getfitguilford@gmail.com) with your team name which can be your company name, family name or organization. Provide us with your phone number, address, and email address.
- Each week, you will collect your teammates' scores, combine them, and divide by the number of players to get your team's mean score for that week
- You must email it to [getfitguilford@gmail.com](mailto:getfitguilford@gmail.com) by the following Tuesday. For example, during week one of play, each player keeps track of their own points. Your teammates will then contact you with their score. You must then compile and average them and get the score to us in a timely fashion.

At the end of the fourth week, you will add up each weekly score and divide by four to get your Final Score!