

WHAT IS IT?

Shape up Montana is a fun, interactive three-month team wellness program running February 1– May 1 that encourages Montanans to develop healthy physical activity and eating habits. Teams are made up of a minimum of four and a maximum of ten people. This program takes health care by the horns by getting people involved in their wellness. Shape Up Montana works because of the team format; making fitness fun and creating accountability. **In its seventh year, 2009 Shape Up Montana had 7,430 participants from 140 communities. The 2009 Activity teams logged 1,905,534 miles (going around the world 76.5 times). The Weight Loss category shed a total weight of 5,251 pounds, an average of 5.4 pounds per participant.**

CATEGORY INFORMATION

Team competition will recognize achievement in two separate categories:

1. **Accumulated Activity in the form of miles based on daily activity**
 - Teams track miles based on daily activity performed using a conversion chart or the new activity calculator (walking, housework, yard work, swimming, running cycling, aerobics, etc.)
 - Captains or members report miles monthly on www.shapeupmontana.org.
 - Winning teams are those that average the most miles logged per team over the three-month program.
 - The Accumulated Activity category is split into 5 divisions:
 - Beginners:** majority of members have less than 3 yrs. exercise experience.
 - Intermediate:** majority of members have more than 3 years of exercise experience & routinely workout to stay fit.
 - Experienced:** majority of members participate in athletic events: i.e. road races, cycling, swimming, basketball, triathlons, etc.
 - Professional:** 1 or more members is an instructor of any type of fitness activity.
 - Family:** All members are family. Family members may be from outside of Montana.
2. **Weight Loss due to healthy, appropriate diet and physical activity**
 - Teams submit “honor” weights online, individually or as a team, by February 8, 2010. Teams can weigh-in together on a large scale made to accommodate the entire team. Submit weights at: www.shapeupmontana.org.
 - “Honor” weigh-ins will be repeated March 31 and May 1. Weights will never be posted on the website.
 - Winning teams are those that lose the highest percentage of weight over the three-month program.

HOW TO ENTER

Registration site: www.shapeupmontana.org Teams will be accepted throughout the program.

Put together a team (minimum of 4 members up to 10) of co-workers, friends, family members, etc.

- Choose a team name and captain. Select a Weight Loss or Activity category. **Early Entry Deadline January 25.**
- Entry fee is \$15 per participant. Employees of Big Sky State Games or SUM sponsors are \$10 per participant.
- The Captain Handbook is available at shapeupmontana.org. Team captains will need to review and download.
- Each team member providing an email address will get a “profile link” emailed to them. Use this link to set up a Username and Password. This allows each member to view their personal dashboard, including an area to submit miles and weights.
- Weight loss team captains may submit an honor weight at www.shapeupmontana.org by February 8. Honor weights due May 5.
- Activity team members track miles based on activity performed using the conversion chart or the new web-based activity calculator.
- Activity team captains/members must submit team miles at www.shapeupmontana.org by March 1, April 1 and last report is due May 5 (including miles only through May 1).

PROGRAM PERKS

- SUM T-shirts (mailed the last week in March), weekly nutrition and activity articles, challenges, and healthy recipes for all participants.
- All participants invited to participate in the Big Sky State Games Fitness Walk FREE July 16th during Opening Ceremonies!
- Members of the top three teams in each category receive Gold, Silver, or Bronze medals and gifts. Monthly incentive prizes drawings will also be held for team captains and teams who submit miles and/or weights on time.
- Members of the top 10 teams will be recognized in a special feature in the BSSG Souvenir Program.
- All participants who improve their health in a safe and sustainable way are Shape Up Montana Winners!
- Participants will have a chance to try different participating health clubs in communities across the state for one week (March 15-21). Facilities will be listed at shapeupmontana.org.

Questions?
 Call 406.254.7426

Community Sponsors:

Billings Clinic, Billings Gazette, Bozeman Chronicle, Independent Record, Montana News Station
 (KTVQ, KBZK, KXLF, KRTV, KXLH, KAJ18, KPAX)

Contributing Partners: Eat Right Montana, Montana Chamber Choices, Montana Beef Council, TwoMedicine, Wendy's, & Albertsons

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