

Welcome to The Meltdown!
team exercise + team support = results

Meltdown 1: February 15 – March 28

Meltdown 2: April 5 – May 16

MELTDOWN RULES & REGISTRATION FORM FOR YWCA EMPLOYEES

What is the Meltdown? The Meltdown is a six-week weight management and fitness competition. Teams of two compete against other teams and earn points for exercise, keeping a food log, body composition changes, clinic attendance and special bonus points.

Steps to JOIN the MELTDOWN:

1) Register & Pay

- Cost: \$35 per person

2) Attend a Kick-off Party

- Learn the rules and get tips from trainers.
- Weigh in 30 minutes before or after.
- During the weigh in, a trainer will perform an Inbody Biospace Body Composition Analysis and you will receive a printout of your results.

Kick-off Party Schedule:

- Midtown: Sun., February 7, 3:00-4:00 pm OR
Thurs., February 11, 7:30-8:30 pm
- Downtown: Wed., February 10, 12:30-1:30 pm
- Uptown: Tues., February 9, 6:30-7:30 pm OR
Sun., February 14, 3:00-4:00 pm

3) Meltdown & Earn Points!

- **Exercise:** Logs collected and calculated Tuesdays at 12:00 pm after each completed week
 - 1 point = .5 hr of exercise (e.g. walking/running, strength training, fitness classes, basketball, skiing)
 - Max. 4 points per day
 - Max. 12 points per week
 - Half of all weekly points can come from exercise outside the YWCA fitness locations.
- **Food Log:** collected and calculated Tuesdays at 12:00 pm after each completed week
 - 1 point for each daily log completed
 - 7 points per week
- **Clinic Attendance:** dates, times, locations and topics will be provided at the Kick-off Parties.
 - 5 points for attending each clinic
 - Max. 10 points
- **Improved Body Composition & Circumference Reduction**
 - 1 point = 1 lb. of fat lost
 - 1 point = ½ lb. of muscle gain
 - Max. earnable weight loss points = 12
 - 1 point = 1 inch reduction in waist
- **Bonus Points for Adding Variety to Workouts:**
These will be noted on your exercise log.

CASH Prizes!

Teams at Midtown will compete against each other. Teams at Uptown and Downtown will compete against each other.

1st Place: \$75 per team member

2nd Place: \$50 per team member

3rd Place: \$25 per team member

Meltdown 1 Weigh Out

Sunday, March 28 –
Wednesday, March 31

Weigh outs will be on a drop-in basis with a trainer using the Inbody Biospace Body Composition Analysis. Schedules will be posted on-site. **No late weigh outs allowed.** Early weigh outs may be accommodated.

Winners from Meltdown 1 will be announced on April 5 and prizes awarded thereafter.

Participate in Meltdown 2:

Keep up the good habits you establish!
Configured the same as Meltdown 1 without pressure to attend clinics. Your weigh out from Meltdown 1 is used as your weigh in for Meltdown 2.

Questions?

Call the Fitness Coordinators at their respective sites.
Midtown: Ann Haugejorde, (612) 215-4341
Downtown & Uptown: Nicole Cueno, (612) 215-4203

Complete and turn in this form with your payment.

Please turn this form into the Member Services desk where you wish to compete.
Email required: this is how you will receive weekly standings and weekly winners.

SIGN-UP TYPE:

TEAM
TEAM NAME: _____

INDIVIDUAL
To be connected with a partner, please rate your "level of intensity":
 I am going to try to get all points possible and want a partner who plans on doing the same.
 I am looking for some extra motivation but do not want the pressure or do not have the time to commit to getting all possible points.

WHERE WILL YOU BE COMPETING?

You must pick one of the options. Pick the site where it is easiest to turn in your food logs and leave your exercise logs on Monday or Tuesday of each week.

Midtown
 Uptown/Downtown

You must pick one of the options. Pick the site where it is easiest to turn in your food logs and leave your exercise logs on Monday or Tuesday of each week.

WHO REFERRED YOU TO THE MELTDOWN? _____

Fee: \$35 per individual

Participant 1 - Name*: _____
*Official Team Contact

Email: _____

Daytime Phone: _____ Alternate Phone: _____

T-shirt size: _____

Participant 2 - Name: _____

Email: _____

Daytime Phone: _____ Alternate Phone: _____

T-shirt size: _____