the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 HEALTHY LIVING CHALLENGE

HEALTHY LIVING CHALLENGE: OVERVIEW

- 2018 HLC will have a designated Team Captain

- HLC Roster will be limited to 10 participants/company

  *Rosters due to Tim Burrows @ tburrows@fcymca.org by Monday, March 11th

- HLC will be 8-weeks in duration: April 1 – May 31

*pre-screenings held between (March 25 – March 29)

*post-screenings held between (May 27 – May 31)

**Pre/Post-screening will be completed at the Y frequented by participant

- HLC participants are able to also participate in Challenge and Recreational events
- HLC participant requirements:
    1. Complete Pre-screening
    2. Complete Post-screening
    3. Complete phYsical activity card

HEALTHY LIVING CHALLENGE: PHYSICAL ACTIVITY CARD

*HLC participants will receive 14 complimentary Guest Visits to complete the phYsical activity card

- Card will have 9 different activities that must be completed at the Y
- 6 of the 9 activities must be completed
- Card must be turned in at Post-Screening to earn points

HEALTHY LIVING CHALLENGE: TEAM SCORING

- Completed Pre-Screening: 1 pt./participant (***max 10 pts.***)
- Completed Post-Screening: 1 pt./participant (***max 10 pts.***)
- Completed phYsical Activity Card: 1 pts./card (***max 10 pts.***)
- Total Possible Points: ***30***

HEALTHY LIVING CHALLENGE: OVERALL INDIVIDUAL

Categories: % Body Weight, % Body Fat, BMI

*Prizes for each category:

1st: 3-month adult FFC membership

2nd: 2-month adult FFC membership

3rd: 1-month adult FFC membership

FIRST COAST GAMES FACEBOOK PAGE

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- YMCA's FIRST COAST GAMES Facebook page:
- Great way to connect companies to share achievements, photos and stories
- We also invite you to reach out to other teams to set up practice and/or scrimmage times

*Please remember this is an open group, so we ask you to help us honor our YMCA values and keep the "smack talk" friendly!

*Feel free to invite other FCG friends

**When posting, please use:

#FirstCoastGames, tag @FirstCoastYMCA

ON BEHALF OF THE FIRST COAST GAMES TEAM, WE HOPE YOU LOOK FORWARD TO THE HEALTHY LIVING CHALLENGE!!

QUESTIONS?