

# What is the Mayor's Fitness Challenge?



## What is the Mayor's Fitness Challenge and why should I participate?

**Get Fit Palmetto Bay** is a village-wide community initiative geared toward increasing physical activity, promoting healthy eating and building awareness regarding health issues. The objective is to provide programs and services that promote and maintain the health and well-being of every Village resident or employee working within the Village of Palmetto Bay. The purpose of this Fitness Challenge is to inspire residents to achieve their personal goals for a fit mind, body and spirit throughout the year. Whether you are just beginning to exercise or have been an avid enthusiast, education and motivation will be essential to your personal success in this challenge. The Department of Parks & Recreation, along with fitness instructors and health professionals/organizations in the community, will provide a continued and committed effort in guiding you in the planning and goal setting process through creative programming and the encouraging of lifelong healthy habits.

The **registration period** for the 7-week Major's Fitness Challenge **begins on Sunday, January 10, 2016 and ends on Saturday, January 16, 2016** with Challenge officially ending on **Tuesday, March 1, 2016**. TOP Male and Female will be announced at the Annual Picnic Celebration on Saturday, March 5, 2016 at Coral Reef Park. ***This challenge is open to all; ages 18 and over only. The non-refundable enrollment fee to participate in the Mayor's Fitness Challenge is \$25. Please visit [www.palmettobay-fl.gov](http://www.palmettobay-fl.gov) for enrollment and challenge details. \*\* Specific instructions also outlines on the backside.***

## How do I join the Mayor's Fitness Challenge?

All interested participants will need to be present on **January 10, 2016 from 9:00am- 12:00pm at Coral Reef Park**, to fill out a registration form and complete an initial Wellness Assessment conducted by a healthcare professionals. The wellness assessment will consist of a weigh-in and body fat measurement using a **\*hand held bioelectrical impedance device that sends an electric current through the body**. All registered participants in the Challenge will receive a goodie bag to include: a brochure of Palmetto Bay's programs and events available to them (also available online); a wellness Passport to track all fitness and wellness activities/programs; two (2) FREE Yoga by the Bay (to be used only during the 7-week challenge); along with workshops, classes, discounts and other freebies/discounts compliments of our sponsors and partners. Visit our "**Get Fit**" Palmetto Bay website page at [www.palmettobay-fl.gov](http://www.palmettobay-fl.gov) for all Challenge details and a listing of all the workshops, classes, and events offered by the Village and community partners.

## What are the Prizes?

Prizes may consist of, but not limited to; gift certificates for personalized wellness & nutrition coaching; gift cards to sporting stores and restaurants, memberships, and much more as sponsored by local businesses. In addition to prizes, winners will be recognized in the community newspaper and receive an achievement award. Winners will also be recognized by the Village of Palmetto Bay's Mayor and Village Council at the Annual Village Picnic Celebration on Saturday, March 5, 2016 at Coral Reef Park.

## What are the Rules/Criteria?

The first day participants are able to register for the Challenge is on January 10, 2016 at Coral Reef Park from 9:00am-12:00pm during the Get Fit Palmetto Bay Kick-Off event (Online Fee Payment begins December 28<sup>th</sup>). Wellness Assessments & Screenings (Weight and Digital Body Fat Analysis) will need to be conducted twice; as noted below.

<u>Location</u>	<u>Days</u>	<u>Time</u>	<u>Purpose</u>
Coral Reef Park	January 10, 2016	9:00am to 12:00 pm	Initial Wellness Assessment
Baptist Health	January 11-16, 2016	<i>*Varies; see back for schedule/address</i>	Initial Wellness Assessment
<b>* Saturday, January 16<sup>th</sup> is the DEADLINE for the Initial Wellness Assessment</b>			
Baptist Health	Feb. 28 <sup>th</sup> -Mar. 1, 2016	<i>*Varies; see back for schedule /address</i>	Final Wellness Assessment
Coral Reef Park	March 5, 2016	11am-2:00pm	Annual Picnic Celebration (Winners Announced)

**All Wellness Assessment measurements will be recorded on your registration form by the healthcare professional. It's also a good idea to track the results inside your Health passport as well. Please note that the Fitness Challenge registration period ends on Saturday, January 16, 2016. Please view the schedule on the back side, if you're unable to attend the Kick-Off event on Sunday, January 10<sup>th</sup>, 2016 for other available dates/times for your initial Wellness Assessment.**

**Winners will be determined using the following criteria:** One (1) point for every pound lost and two (2) points for each percentage of body fat lost. The two numbers will be added together and the male and female with the most points will be named the winners. All Challenge participants and the community in general are encouraged to participate in as many of the Village's programs and events during the Challenge period, as well as, workshops and classes offered by partners/sponsors.

**Don't forget to join us for the official kick-off to "Get Fit" Palmetto Bay on Sunday, January 10, 2016 from 9:00am to 12:00pm at Coral Reef Park.** Activities include demonstrations in Zumba, Yoga & Bootcamp; Sand Volleyball works-out; Walk/Run; a host of tent stations including health screenings, vitamins, food sampling; youth and adult recreation program providers; and a welcome message from the Village Mayor and Village Council.



**\*\*\*\*\*IMPORTANT INSTRUCTIONS\*\*\*\*\***

**\*\*Please note that the Wellness Assessments, Screenings & all activities (classes, workshops, etc.) that are part of the Get Fit Palmetto Bay Program are open to the entire community and not just those who wish to participate in the Mayor's 7-Week Fitness Challenge. If you decide to participate in the Mayor's Fitness Challenge, you must make your online payment of \$25 at [www.palmettobay-fl.gov](http://www.palmettobay-fl.gov) (click Registration) starting December 28<sup>th</sup> through January 16<sup>th</sup>, in addition to, emailing your registration form to [events@palmettobay-fl.gov](mailto:events@palmettobay-fl.gov) once you've completed your initial assessments. Please make sure your initial assessment results are completed on the form before emailing it. You will keep the original and also input your results into your health passport. \*\*Once Park Administration receives payment and your registration form; you will receive a welcome email with instructions and confirmation of your participation in the Mayor's Fitness Challenge. You will have 3-days to get your final assessments and screenings. The deadline to email your registration form (to include all results) to [events@palmettobay-fl.gov](mailto:events@palmettobay-fl.gov) will be on the **DEADLINE-Tuesday, March 1<sup>st</sup> at 11:00pm. Failure to submit the registration form by the DEADLINE or have missing information will automatically disqualify you for the Mayor's Fitness Challenge.** \*\*Please use your health passport to track all your results, workout, meals, etc. Before and after pictures are highly recommended to celebrate your successes throughout this journey but, ARE NOT required for the Mayor's Fitness Challenge. For instructions on how to take before and after pictures, watch <https://www.youtube.com/watch?v=vxWXJMlego4>**

**Initial Wellness Assessment Schedule (January 10<sup>th</sup>-January 16<sup>th</sup>)**

For your convenience, various locations and times are available for your initial and final wellness assessment. These assessments take 5-10 minutes. *Please wear comfortable, light clothes and only your shoes may be removed for your weigh-in (socks must remain on). This hand held bioelectrical impedance device sends a small, harmless electrical signal through your body to calculate your body fat. For most accurate results, participants should be adequately hydrated (if dehydrated, your amount of body fat will likely be overestimated); avoid exercising/sweating for up to 8 hours prior to the test; avoid caffeine and/or alcohol for 12 hours prior to the test. Pregnant women and those with pacemakers are not candidates for this assessment.*

Date	Time	Location	Instructions
Sunday, January 10 <sup>th</sup>	9am-12pm	Coral Reef Park	<b>No Appoint needed. Conducted at the Kick-Off Event</b>
Monday, January 11th	8:30am-5:00pm	Baptist Medical Plaza at Palmetto Bay	Walk-In
Tuesday, January 12th	8:30am-5:00pm	Baptist Medical Plaza at Palmetto Bay	Walk-In
Thursday, January 14 <sup>th</sup>	8:30am-5:00pm	Baptist Medical Plaza at Palmetto Bay	Walk-In

Saturday, January 16 <sup>th</sup> <b>*DEADLINE</b>	9am-12:00pm	Baptist Medical Plaza at Palmetto Bay	Walk-In
--	-------------	---------------------------------------	---------

**Final Wellness Assessment Schedule (February 28<sup>th</sup>-March 1<sup>st</sup>)**

Date	Time	Location	Instructions
Sunday, February 28th	10pm-2pm	Coral Reef Park	Call 305-259-1234 for Appointment
Monday, February 29th	8:30am-5:00pm	Baptist Medical Plaza at Palmetto Bay	Walk-In
Tuesday, March 1 <sup>st</sup> <b>*DEADLINE</b>	8:30am-5:00pm	Baptist Medical Plaza at Palmetto Bay	Walk-In

**\*\*Handheld Bioelectrical Impedance device-please visits our website at [www.palmettobay-fl.com](http://www.palmettobay-fl.com) for materials and resources to better understand your assessment values.**

**Addresses**

Baptist Medical Plaza at Palmetto Bay  
8750 SW 144<sup>th</sup> Street, Suite #120



Coral Reef Park  
7895 SW 152<sup>nd</sup> Street