

# MISSION READY 66 Fitness Competition

**Mission Ready 66 Fitness Competition** - A stronger healthier you, will prepare you for the mission that lies ahead whether it is a deployment, an athletic feat, or to be able to keep up with the kids. Whatever your mission, do it better faster, stronger with a healthier mind and body. Mission Ready 66 Fitness Competition begins May 2<sup>nd</sup> with weigh-ins and ends July 20<sup>th</sup> at weigh-out. The competition will run for 66 days, the average time it takes to form a new habit. Participants may compete in both the team and individual divisions and may win either by most points accumulated, pounds lost, or inches lost. Teams may consist of 2-5 members. Competition restricted to ages 16 and up.

*For more information or questions and to register please email: [stuttgartfitness@gmail.com](mailto:stuttgartfitness@gmail.com)*

Find us on Facebook: **USAG Stuttgart 2018 Mission Ready 66 Fitness Competition**

## **The Rules:**

- All participants must sign the liability waiver prior to starting this fitness competition. Consult your physician prior to starting a fitness/weight loss program.
- This competition will be self-monitored using a score sheet that can be downloaded from the MWR website or picked up at any fitness center. There are three ways to win; points, pounds lost, or cm lost. Participants may compete as a team or as an individual. Teams can consist of 2-5 members where points, % pounds lost, and/or % inches lost will be averaged. There can only be one winner in each category for individuals and teams.
- Point competition officially begins on May 7<sup>th</sup> and ends on the July 14<sup>th</sup>. Participants do not need to schedule a weigh-in/weigh-out appointment if only competing in point category, however you must pick up your registration packet starting May 2<sup>nd</sup>.
- Points will be earned by minutes of exercise in one session. To avoid over exercising and risk of injury, a maximum of 120 minutes a day will be assessed for exercise.
- Points can be earned for taking group fitness classes, personal training sessions, massage therapy sessions, or participating in the June 2<sup>nd</sup> Cobblestone Classic 5 mile run or July 14<sup>th</sup> Run to Remember. Must provide proof of attendance with signature of service provider or be on the finisher list for races.
- Self-Reported exercises will earn 1 point per minute exercised with a maximum of 120 minutes per day.
- Random Audits will be performed on entries entered into tracking log for verification.
- Failure to follow the rules of the competition will result in immediate disqualification.
- Participants may compete in both the team and individual divisions and may win in each division. They may also compete in all categories, but may only win in one of the three categories, either by most points accumulated, % pounds lost, or % inches lost.
- Teams may consist of 2-5 members.
- Competition restricted to ages 16 and up.

## **Winners will be awarded as follows:**

**Winners will be posted on July 24th in all fitness facilities. Winners may pick up their prizes at Patch Fitness Center.**

- **Individual**
- Male-Overall pounds lost/Overall Inches lost/Overall point winner
- Female- Overall pounds lost/Overall Inches lost/Overall point winner
- **Teams**
- 3 winners in each category: Overall % pounds lost/Overall % inches lost/Overall point winner.
- Individual and team participants may only win in one category, but may compete as an individual and as a team.

## **Weigh In/Out Rules**

### **Weigh In/Out Rules**

- If competing in point competition only, participants do not have to weigh in/weigh out.
- Weigh-In/Out assessments will consist of blood pressure check, resting heart rate, weight, height, and taping (optional). Measurements taken are not a substitute for a medical examination. Do not base any medical decisions on these measurements. Always consult your physician for official diagnosis.
- Please arrive 15 minutes early so that you can sit and allow your heart rate to return to its resting rate. This will allow us to get an accurate Resting Heart Rate Measure. Participants will reserve a time block in 20 minute increments.
- Please do not work out or ingest any stimulants such as coffee 30 minutes prior to testing, this can cause an elevation in resting heart rate and distort the RHR measurement.
- Weigh in/out-dress apparel- shorts/athletic pant, and t-shirt/tank. . Please do not work out prior to assessment. Weigh-ins are mandatory and the following items must be removed:
  - Overcoats and jackets
  - All pocket contents (including, but not limited to: keys, cell phone, change, etc.)
  - Shoes and Boots
  - Purses, backpacks, bags and any other items deemed necessary by staff
- Mission Ready 66 registration packets will be available for pickup starting May 2<sup>nd</sup> at weigh-in.
- Weigh-in will be May 2<sup>nd</sup> -8<sup>th</sup>. Weigh-in after May 8<sup>th</sup> by appointment only.
- Weigh-out will begin on the July 16<sup>th</sup>-20<sup>th</sup>. Participants can weigh out before July 16<sup>th</sup> by appointment.
- Optional photo will be taken for before and after results. Permission must be granted in writing to use photo.

### **Taping (circumference measurements)**

- Areas taped: bust, chest, waist hips, thigh, upper arm, and forearm.
- If you are participating in inches lost category, you must wear leggings or form fitting clothing to get an accurate measurement. Taping cannot be performed over bulky clothing.

### **Points**

- If competing in the point category only, participants do not have to schedule a weigh in/out, however it would be beneficial to have your blood pressure and resting heart rate checked to monitor your physiological progress throughout the competition. Blood pressure machines will be available to check out at the front desk during the competition.
- \*Must be verified by instructor, trainer, or massage therapist by signature or point of sale receipt.
- \*\*Must be a finisher at the races, MWR and local.
- Otherwise activities are self-reported and recorded on participant tracking log that can be emailed to [stuttgartfitness@gmail.com](mailto:stuttgartfitness@gmail.com) or dropped in the designated drop box at any of the fitness centers.

### **Official Weigh Ins begin on May 2<sup>nd</sup>-8<sup>th</sup>**

Patch gym, May 2<sup>nd</sup> from 8 am-7 pm, May 3<sup>rd</sup> from 8 pm-7 pm

Kelley gym, May 4<sup>th</sup> from 8 am -7 pm

Panzer gym, May 7<sup>th</sup> from 8 am-7 pm, May 8<sup>th</sup> 8 am-7 pm Panzer

### **Official Weigh Outs begin 16-20 July.**

Patch gym, July 16<sup>th</sup> from 8 am-7 pm and July 17<sup>th</sup> from 8 am-7 pm

Kelley gym, July 18<sup>th</sup> from 8 am-7 pm

Panzer gym, July 19<sup>th</sup> from 8 am-7 pm and July 20<sup>th</sup> from 8 am-7 pm

### **POINTS**

<b>Activity</b>	<b>Points</b>
• Self-Reported activities	Minutes exercised = points
• **Local Races	15 points per KM
• 10,000 steps a day challenge	75

#### **MWR Services**

• *Massage	75
• *Personal Training	75
• *Group Fitness Classes	75

#### **MWR Runs/Races (25 Points per KM) Must be a finisher to collect these points**

• **Cobblestone Classic 8 KM	200
• **Run to Remember 1/2	525
• **Run to Remember 5K	125

#### **Wellness Clinic**

• Fitness Assessments	50
• Fitness Consult	50
• Metabolic Testing	50
• Upping your metabolism class	50
• Biofeedback Session	50
• Stress Reduction Class	50

### **Challenges-worth double points**

Challenge of the week or Challenge classes-will be announced via email and FB page: USAG Stuttgart Mission Ready 66 Fitness Completion.

<https://www.facebook.com/groups/148525319152769/>

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