

Klamath's Healthy Active Challenge 2007
Participant Frequently Asked Questions

Q: What is the Healthy Active Challenge?

The Healthy Active Challenge is a 6-week community-wide wellness challenge, sponsored by the Healthy Active Klamath Coalition and local businesses. Teams of 5-10 people of any age set weekly goals on physical activity & fruit/vegetable intake; teams track their progress using points that are turned in weekly. The goal of the Challenge is to give residents of Klamath Basin more opportunities to eat better, move more and support each other (neighbor, coworker, friend, family, etc) in making lifestyle changes.

Q: How do I join the Challenge?

Form a team of 5-10 people from your work, church, family or social group. Choose a team leader and name. Complete registration form including signatures. Submit by to O.S.U. Extension Service, 3328 Vandenberg Road, Klamath Falls, OR 97603. Fax: 541-883-4582.

Q: Why should I join?

Physical activity and a diet rich in fruits/vegetables can help you stay in shape and feel good about yourself. They can also reduce your risk for cancer, heart disease, diabetes and obesity. This event is FREE! Your team could win awards and you'll be entered in drawing for prizes. You are also eligible to attend weekly activities to help you stay motivated such as exercise classes, walking groups and more (see Calendar of Events). Most important of all, you will be working on a team that will help encourage and support your efforts to be healthy.

Q: Why do I have to be on a team?

If we are going to make lasting changes, we must feel supported by our social groups at home, at work and wherever we go in our community. Therefore, Healthy Active Klamath Coalition has designed this Challenge to instill team support and encouragement in addition to individual efforts.

Q: Does the Challenge require attendance at certain events or times?

No. You will simply record your "points" for activity and intake of fruits/vegetables each week and turn these in to your team leader. Of course the more events you attend, the more likely you are to win prizes.

Q: Why are goal setting and record keeping important?

Goal setting and record keeping are important tools for helping people improve their habits. Each week you will set goals for the number of points you expect to earn—this will help you take an honest look at where you are and where you would like to go. It will help you challenge yourself and monitor your progress towards your goals.

Q: Will there be weigh-ins or body measurements recorded?

No. We want this Challenge to be focused on the positive aspects of lifestyle change. Although ultimately weight loss is important and we hope that participants are able to

achieve this, we chose to concentrate on the behaviors that will assist in weight loss (physical activity & diet) as well as improved health.

Q: How can I earn awards or prizes for participation?

1. All teams that average 50 or more points in a week will be entered into a drawing for team baskets valued at over \$75. An additional basket will be added each week ie. Week 1, drawing for 1 basket; Week 2, drawing for 2 baskets; Week 3, drawing for 3 baskets, etc.
2. Team and individual awards will be presented at the end of the Challenge based on team category (ie. business, family, church, etc) for most points, most improved, etc.
3. Individuals that have attended business sponsored activities such as exercise classes, etc. will be entered into a weekly drawing for prizes (see calendar for sponsored activities).
4. Individuals that submit a team picture or story will be entered in a weekly drawing for prizes.
5. Team leaders are eligible for additional prizes at Team Leader Launch.
6. Team points will be posted weekly on the website (for those of you that are a bit competitive!).

Q: What are the prizes?

All of our prizes/awards follow a health theme and will include such things as gym memberships, dinners, fruit baskets, cooking equipment, etc.

Q: What are the responsibilities of the team leaders?

The team leader serves as the point of contact for team members, providing them with encouragement, helping set team goals, earn points and celebrate their progress. Challenge organizers will communicate with team leaders who will in turn be expected to share this information with team members. It is imperative that team leaders ensure the safety of their team members (see Safety Tips). We value our team leaders—this year team leaders are invited to attend our Challenge Launch, April 10th @ 5:30 or April 11th @ 7 pm. to gather information, have a snack and lots of fun!

Q: What time and date are Challenge activities?

See calendar of events. Remember, these activities are encouraged but not required. You will need to contact specific businesses to sign up.

Q: Where and how do we turn in our points?

At the end of each week (Saturday) turn in your *Point Counter Form* to your team leader. Team leaders record totals on *Team Leader Log* and submit each **Monday by 5:00 pm** via:

- Website at www.healthyactiveklamth.org or
- Fax Extension at 541-883-4582 or
- Drop off at Extension Office, 3328 Vandenberg Road.