



**UTAH RECREATION & PARKS  
ASSOCIATION**

**“I’M A VOLUNTEER COACH. I HELP  
YOUTH STAY ACTIVE & HEALTHY!”**

**“Parks & Recreation...  
Healthcare You Can Afford”**



**Visit your local Parks & Recreation Agency**



## Washington City- "Biggest Loser Community 2013"

"Big Loser Community 2013" involved 50 community members in a 10 week weight loss/healthy living event. Participants demonstrated a sincere desire and commitment to lose weight and get healthy with the help and education of certified Washington City Community Center Personal Trainers, Healthy Utah Dieticians, and professional medical staff from the Intermountain LiVe Well Center.

This competition consisted of 10 teams, with five individuals & a Personal Trainer assigned to each team. Weekly workouts, educational seminars, and physical challenges are examples of services provided to all registered participants during the 10 week period. Team members were encouraged to make appropriate lifestyle changes under the careful guidance and motivation of our fitness staff and medical health professionals.

Points were awarded to each team based on their weight loss progress, attendance at scheduled seminars, and results of the physical challenges which included an obstacle course, 5K Run, and other activities. At the conclusion of the competition, the winning team was recognized as the overall winner, and awarded a prize package.

As one of our title sponsors, the Intermountain LiVe Well Center conducted "Bod Pod" assessments at the beginning and end of the event. The top overall male and female winners, based on weight loss and body fat percentage improvement, were recognized and awarded a prize package similar to the winning team.

At the conclusion of this year's "Big Loser Community 2013" event, the total collective weight loss for the fifty participants was an amazing 949.3 pounds! The average weight loss per contestant was 19 pounds.



WINNING TEAM- BEFORE



WINNING TEAM- AFTER



## **Riverton City- “Fit City Wellness”**

Developed by Riverton Wellness Committee. Half of the City Employees participated during 2013, in a “Wellness Challenge of the Month”.

Challenges have different levels of difficulty. Based on a scale of (1) Challenging, (2) Very Challenging, (3) Most Challenging

### **(Example of Monthly Challenge)**

#### **FEBRUARY -HEART START WORKOUT**

\* Activity to get your heart rate up 4 days a week

1. 15 minutes
2. 20 minutes
3. 30 minutes



**Prizes** given for accomplishing each task/challenge: FIT Bucks

Basics include: Earn \$10 for signing up for program

Ex. (1) Challenging=10 bucks (2) Very Challenging= 20 bucks (3) Most Challenging= 30 bucks

\$2 for bonus challenges

#### **End of The Program:**

Ultimate winner: First pick & a surprise \$50 gift card

Can NOT combine or trade bucks w/other employees

Go down from most money to least after ultimate winner- picking their prize

Everyone that participated in at least 2-3 challenges will get a prize (\$5-\$10 gift card/pending budget)

**Program Contact: Brittany Parker /Email: [bparker@rivertoncity.com](mailto:bparker@rivertoncity.com)  
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**UTAH RECREATION & PARKS  
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**HEALTH & WELLNESS  
HIGHLIGHTS 2013**

**Salt Lake County/NW Recreation Center**

***A Healthier You***



Spring 2013, Northwest Recreation Center collaborated with Salt Lake City Council Member Carlton Christensen to present a health and wellness initiative to the residents in the Northwest quadrant of Salt Lake City. The program encouraged community members to participate in a wide variety of healthy activities over the course of a six week period.

Northwest Recreation Center provided many options for residents to choose from, including walking the Jordan River Trail with Council Member Christensen, attendance at one of their many Recreation Center fitness and aerobics classes, and the opportunity to participate in 5k walk/run at the end of the six weeks. The program was FREE, thanks to the sponsorship of the Northwest Advisory Board, Council Member Christensen, and donations he received from local business. Each participant received a t-shirt and two(2) day passes to the Northwest Recreation Center.

Over 100 people registered for the program, and 6-25 people participated at each of the various activities on our list, during the six week period. Those who registered for the event and attended at least six activities, were entered into a drawing for nice prizes such as an IPOD touch and gift certificates.

A Health Fair on April 13<sup>th</sup> kicked off the event, with blood pressure screenings and other health information booths and vendors. The program ended with an event at the annual River Fest Celebration on June 1<sup>st</sup>, where t-shirts were handed out and prize drawings. The event was a wonderful collaboration!

**+ Northwest  
Community  
Health  
Program**

**FREE 6 week program begins**

**April 13th with a**

**FREE Community Health Fair**

**10 AM - 1 PM @ Northwest.**

**Optional 5k Race (\$20) at 9**



**Register at:**

**Northwest Recreation  
Center**

**SALT LAKE COUNTY**

Program Contact: Kay Cameron / Email: [KCameron@slco.org](mailto:KCameron@slco.org) / Phone: 385-468-1812



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