



## MMLB Program Details

### 1. Getting registered and setup for the program:

- Register using the registration form attached which can be returned at the Farmers Market or the Manchester Wellness Center.
- August 25 – September 7 – stop at the Manchester Wellness Center Pick for your initial weigh in and to pick up your Activity Tracker or get your own activity tracker set up to send reports

### 2. **Recording steps weekly:** Once a week sync your activity tracker to the online app. If you are using your own activity tracker (FITBIT or other activity tracker), set up so you get a weekly report sent to your email and then forward that email to [mmlb48158@gmail.com](mailto:mmlb48158@gmail.com) every week.

### 3. **Recording weight monthly:** Stop by the Manchester Wellness Center at least once a month for a confidential weigh-in

### 4. Prizes:

- Monthly
  - Weigh in after 1 month and turn in steps. If you have averaged at least 10,000 step a day, you will receive a Wellness Cookbook from WELCOA and be entered into a drawing for \$25 (one for males and one for females)
  - Weigh in after the 2<sup>nd</sup> month and turn in steps. If for the 2<sup>nd</sup> month you have averaged 10,000 steps a day, you'll receive a Manchester Portion Plate and be entered into a drawing for \$25 (one for males and one for females)
  - Weigh in after the 3<sup>rd</sup> month and turn in steps. If for the 3<sup>rd</sup> month you have averaged 10,000 steps a day, you'll receive a Stop Stress This Minute book and a Stress Profiler Workbook and be entered into a drawing for \$25 (one for males and one for females)
  - Weigh in after the 4<sup>th</sup> month (final month), turn in steps and received a very nice T-shirt and be entered into a drawing for \$25 (one for males and one for females)and

### 5. **Donation to local non-profit.** All people registering will select a non-profit to receive \$750 if the group as a whole loses 2000 pounds in the 18 week program. The non-profit with the most votes will be the recipient.