



OFFICIAL WEIGH-IN HOST



911 Fitness Challenge

Thank you for your generous contribution to support the 911 Responders in your community as an Official Weigh-In Host for the 12th Annual 911 Fitness Challenge.

As a Host, your responsibility is to simply measure the 911 participant's body weight and body fat, using a 3-site skin fold method, commonly known as the Jackson-Pollack method. If your organization practices other methods of measuring body composition, please contact us for clearance. Other body composition methods are acceptable.

Challenge registration begins **December 1, 2009** via www.911Fitness.com. Participants will receive a goody bag with materials to engage in the Challenge.

Weigh-in begins the week on **Jan 4, 2010**. Participants will schedule a time with Host to receive their team measurements. Best practice is to select one day for measurements with one time, that way, you will have a large group forming a line at your club, which makes for great photos and media opportunities. If the times conflict with some participants, offer an alternative time to resolve shift work, etc. Members will bring an official body composition form (1 page) to be completed by you for the team's measurements. Please keep a file with these original forms and provide one copy for the team as a back-up.

Weigh-out begins the week of **Apr 1, 2010**. Follow the same method in Jan using the same, original form. Once the form is complete, **please FAX** to our headquarters at **954-449-0416**. The fax number is also listed on the form.

Your facility will be listed on the 911 Fitness website as an Official Weigh-In/Out Host, including your club name, address, and phone number. Feel free to display the Official Poster in your club, send promotional material as official weigh-in host via press release and other options.

If participants ask you questions about the challenge that you don't know, please refer them to our headquarters; the contact information listed below. Feel free to contact us anytime.

Thanks again for supporting the 911 Fitness Challenge, benefiting Shriner's Children's Hospitals.

Contact info:

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Shriners Hospitals
for Children™