

Program Overview & Goal

The goal of Get Fit Sikeston is to use a short term competition to create a long term success. The Community Betterment Committee of the Sikeston Area Chamber of Commerce (SACC) is hosting a limited time competition rewarding the winning teams with healthy prizes and special recognition.

The competition window begins September 13 and ends October 13, 2010. The chamber will continue to receive team scores throughout the rest of the year and offer prizes to teams entered in a quarterly drawing.

Why do employers want to be involved?

There are a multitude of reasons including the following:

- ⇒ Reduce absenteeism
- ⇒ Increase production
- ⇒ Lower insurance premiums
- ⇒ Improve company morale

Kickoff Health Screenings

To get this event started, the SACC is coordinating a Kickoff Health Screening for all Get Fit Sikeston participants. Screenings will take place on Saturday, September 11 from 8AM-2PM and Monday, September 13 from 6AM-6PM in the downstairs classroom at Missouri Delta Medical Center. The FREE screening will include blood pressure, weight, and BMI checks. For an additional fee of \$20, participants can get lipid panel and glucose checks. This fee can be paid by either the employer or employee participant. There will be other informational resources and educational items available for employee participants at the Health Screening.

Let's Get Started

- ◆ Employees form teams of 6
- ◆ Teams must consist of co-workers or corporate officers
- ◆ Each team will select a captain for communication & reporting purposes.
- ◆ Team members will maintain a log of their activities. Team captains will tabulate points for each member & turn them in to company coordinator. The coordinator then submits the team results to the SACC each Monday morning via fax or email.

- ◆ Winners will be determined based on the average of points per team member earned during the contest period.
- ◆ Teams losing a member for legitimate reasons during the contest must replace that team member. This must be done with the approval of the company's Get Fit coordinator.
- ◆ Team members maintaining a team average of more than 35 points per week will be entered into a drawing for prizes at the conclusion of the program.
- ◆ Any internal competitions are the responsibility of the employer.

Suggestions

We understand that each company is unique & recommend that you tailor this program to your company's needs and priorities. We also suggest:

- ◆ Developing a "Health & Wellness Mission Statement".
- ◆ Obtaining employee input to determine short and long term goals; These goals will also validate the program. **Wellness goals may include:**
 - Increased exercise
 - Healthy meal choices
 - Smoking cessations
- ◆ Having participation from all levels of the company.

**Sign your
company up
today!**

*We hope we can count on
you to help us achieve our
goal...to create a healthier
workforce, thereby creat-
ing a healthier community!*

Get Fit Sikeston

Registration Form

Name of Company: _____

Team
Name _____

Phone: _____

Fax: _____

Contact Person _____

Email: _____

Fax this form back to: 471-2499
prior to September 13, 2010.

SACC
SIKESTON AREA CHAMBER OF COMMERCE

One Industrial Drive
Sikeston, MO 63801

Phone: 573-471-2498
Fax: 573-471-2499
E-mail: chamber@sikeston.net

*The Sikeston Area
Chamber of Commerce
Community Betterment
Committee introduces*

Get Fit Sikeston
September 13-October 13
2010

*Workplace
fitness
competition!*

