

# What is **DUMP<sup>your</sup> PLUMP** ?

*Dump Your Plump* is a fun and effective wellness program created in 1986 by Donald Alsbro. This nationally successful program is operated locally by the Wellness Council of Northeast Ohio, a nonprofit organization who offers it at no cost to local companies. Last year, over 1000 participants exercised five days a week with an average weight loss of nearly eight pounds.

## Objectives ...

- Promote safe and gradual weight loss through proper nutrition and exercise.
- Encourage the development of peer support through team competition.
- Increase the awareness of nutrition and exercise as it relates to weight management.
- Provide an activity that is healthy, educational and fun!

## How does it work?

The contest requirements to be fulfilled are:

- Aerobic exercise (swimming, walking, jogging, etc.) for 30 minutes per day, 5 days per week.
- Participation of each team member in confidential weekly weigh-ins during the contest (team captain is responsible for weekly reporting).
- Each participant must set a personal weight goal between 0-20 lbs. (Weight loss is not a requirement. A team member may simply want to maintain current weight.)

## When does the program start?

Teams need to begin this *10 week program* by

**February 9, 2012**

*So hurry and get your team together.*

## How are teams made up?

Team members are chosen from people at work.

Each team must have between 4-10 participants.

*NOTE: at least half of the team members must have a weight loss goal of 7 pounds or more.*

Each team is led by a Team Captain who is trained prior to the start of the program. Responsibilities of the team captain are:

- a. Organizing team members.
- b. Supervising the weigh-ins (maintain confidentiality).
- c. Submitting weekly reports of team members' weight loss and exercise.
- d. Disseminating program information.

## Reasons to join ...

- Affordable \$25 per person
- Participant exercise and weight loss resource book
- Team and individual prizes for goal achievement
- Each team selects a unique name.
- Weekly team standings
- Internet program access

## Who can participate?

Anyone who would like to participate, either as a team captain or as a team member!

For more information, call **440-354-8057** or go to:

[www.healthyohio.org](http://www.healthyohio.org)

*Prizes awarded to teams with the greatest number of points!*

Major Sponsor:

**Anthem**  

### Team Registration Form

Email \_\_\_\_\_

Captain's name (print) \_\_\_\_\_ Phone# \_\_\_\_\_

Company \_\_\_\_\_ Fax# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Number of team members \_\_\_\_\_ (Including captain. No less than 4, no more than 10)

Make checks payable and mail to:  
**Wellness Council of Northeast Ohio**  
433 South State Street  
Painesville, Ohio 44077  
440.354.8057; [hsense@en.com](mailto:hsense@en.com)

**DUMP<sup>your</sup> PLUMP**

*Fee: \$25 per team member*

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