

**FITTEST
EXECS
CHALLENGE**



**FITTEST
COMPANIES
CHALLENGE**

Be a Part of KC's Fitness Movement

Establish or Exercise Your Company's Wellness Program

The Metropolitan Medical Society of Greater Kansas City has teamed up with *Ingram's* magazine in collaboration with the Center for Health and Human Performance at the Jewish Community Center, YMCA of Greater Kansas City, BlueCross BlueShield of KC, Holmes Murphy & Associates and other area healthcare professionals, corporations and non-profits to engage a personal, team and company fitness competition—all in an effort to improve your personal health and your company's fiscal fitness by applying physical fitness.

Every executive knows, good health is good business. You can embrace both concepts by taking part in the Fittest Execs Challenge yourself and/or with your company team. Organizations that field a team in the Fittest Execs Challenge are eligible to compete in the Fittest Companies Challenge.

Entry fee: \$895 for your team of five; \$200 for individuals. Fittest Companies Challenge is **FREE** for organizations with a team in the Fittest Execs Challenge. (All company employees benefit)

Fittest Execs Challenge

Five-member corporate teams will conduct health assessments and engage in a 90 to 105 day period to improve their health with a fitness regimen; proper diet. (Teams may include a 6th member for an additional \$179)

Among the benefits, participating teams will receive:

- **Pre- and Post Health Assessment,** including basic biometrics, cholesterol and glucose checks, flexibility testing and more. This test is conducted by Center for Health & Human Performance at the Jewish Community Center. (Contact JSweeney@IngramsOnLine.com for specific test info)
- Each team member will receive **FREE memberships to any of the 19 KC area YMCAs** through December 31, 2009, as well as **FREE memberships to the Jewish Community Center** through Jan. 15, 2010.
- **On-line Support:** Participants have access to the YMCA and Trajectory Health on-line web support programs that advocate a healthy nutritional lifestyle promoting weight loss and improved biometrics.
- **Awards presented** to teams and individuals in several "Most Fit" and "Most Improved" categories. (Each team member also competes individually).

Here's the Timeline to a Healthier You:

Through October 31, 2009: We'll accept applications to compete in the Fittest Execs Challenge. Teams must include at least one C-level exec or a member from upper management. Companies must field a team to be eligible for the Fittest Companies Challenge.

Through November 10, 2009: Conduct your baseline health assesment.
October 2009 to January 15, 2010: You have up to 105 days to get in shape, eat well and complete your fitness regimen.

January 1-15, 2010: Conduct your final health assessments at JCC.
February 2010: Read all about our winners and review the results of the first-ever **Fittest Execs and Fittest Companies Challenge** showcased in *Ingram's* February Heroes in Healthcare edition.

Criteria to Win:

There is a point system on the metrics of the health assessment. Each variable will have a point range. Individuals will have a numerical score. Team scores will be aggregated.

Awards: "Most Fit" and "Most Improved" awards presented to winning teams and individuals.

Fittest Companies Challenge

Companies and organizations that field one or more teams for the Fittest Execs Challenge are eligible to compete in the first-ever **Fittest Companies Challenge for FREE.**

Company and employee benefits include:

- **14 day FREE Trial memberships** to any of the 19 KC area YMCAs. Employees of companies or organizations that have entered a team in the Fittest Execs Challenge are eligible for a FREE 14 day trial membership at any area YMCA through November 2009. They and their organizations may compete in the Fittest Companies Challenge.
- **On-line Support:** Company employees have access to YMCAs on-line support programs that advocate a healthy nutritional lifestyle promoting weight loss and improved biometrics.
- **Awards will be presented** to companies or organizations in several "Most Fit" and "Most Improved" categories.
- **Bragging Rights. Good Health at your Company** The good health of your employees and the rising cost of healthcare is reason alone to **Get in the Game!**

TEAM REGISTRATION - \$895

Company _____
 Name of CEO/Manager _____
 Contact Email _____
 Contact Phone _____ Company Phone _____

Names:	Email:	Male or Female	Age as of 1.15.10
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

INDIVIDUAL REGISTRATION - \$200

Name _____
 Company (if applicable) _____
 Title _____
 Email _____
 Phone _____
 Address _____
 City, State, Zip _____
 Category (as of 1.15.10):
 _____ Female under 50 _____ Male under 50
 _____ Female 50+ _____ Male 50+

SPONSORSHIP LEVELS (please select one. For more information, please call 816.842.9994 or email Editorial@IngramsOnLine.com)

Platinum: \$15,000 **Gold: \$10,000** **Silver: \$5,000**

Field a Team or Become a Sponsor!

Position your organization as a Platinum, Gold or Silver Sponsor of the Fittest Execs Challenge

The Benefits are Measurable! For information, please call: 816-842-9994, email: Editorial@IngramsOnLine.com

Please make checks to Ingram's, reference "Fittest Execs Challenge", and submit to:

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