



The Wellness Program

WEST VIRGINIA UNIVERSITY HOSPITALS
WVU HEALTH SCIENCES
UNIVERSITY HEALTH ASSOCIATES



Better Body Buddies!



September 28 - November 15, 2009

Registration Packet



Better Body Buddies!



When it comes to making healthy lifestyle changes, having a strong support system can make all the difference! This is the philosophy behind our Better Body Buddies program. Your Buddy can be a coworker or immediate family member. Buddies will help each other set personal health and fitness goals, then work together to achieve them while offering each other inspiration, motivation, and support! Four \$50 cash prizes will be awarded! **Now grab a buddy and let's get started!**



Register and Weigh In!

Pick your Buddy, then complete the attached registration form and bring it to The Wellness Program office (8th floor of HSC South) anytime between 8:00 a.m. and 4:30 p.m., Monday through Thursday, September 21-24. Your initial weigh-in will be completed at this time. We will also offer on-site weigh-ins for employees at Cheat Lake Physicians, the ROC, and Scott Ave. Dates and times will be announced. Please contact us to make special arrangements if our scheduled times are not convenient for you.



Earn Buddy Points!

The Buddies with the greatest combined total of Buddy Points at the end of the program will each win a \$50 cash prize! Buddy Points can be earned by completing the following steps:

- **Create a Better Body Plan** (20 points)
To help you and your Buddy set goals and create a plan to achieve them, complete the Better Body Plan included in this registration packet and return it to The Wellness Program.
- **Attend our Better Body Workshops** (20 points each)
We will be sponsoring two fun and informative Better Body Workshops during this program. Further details will be available on our website!
- **Turning in weekly Exercise Tracking Forms** (10 points each)
Keep track of your physical activity, and earn a few Buddy Points while you're at it!
- **Weigh in each week to check your progress** (10 points per week)
No appointment is needed! Just stop by The Wellness Program office at your convenience.



Weigh Out and Win!

Weight-outs will take place November 16-19. The Buddies who achieve the greatest combined percent reduction in Body Mass Index (BMI) will each receive a \$50 cash prize!

EXAMPLE: The BMI of Buddy #1 drops from 30.2 to 27.8, which is about an 8% decrease. The BMI of Buddy #2 drops from 32.5 to 29.0, which is about a 10.8% decrease. The combined percent reduction would be 18.8%.



Better Body Plan!

Buddy #1: _____


Buddy #2: _____

We plan to become healthier by: _____

(EXAMPLE: "Eating more veggies, strength training, cutting out soda, walking two miles per day.")

We will support each other by: _____

(EXAMPLE: "Emailing daily, walking at lunch, sharing healthy recipes, going to gym together.")

 **Turn in this form and receive 20 Buddy Points each!**
(Buddies should complete this form together and turn in only one copy!)



Weekly Exercise Tracker

Name: _____

Please circle week!

WEEK 1: September 28 - October 4

WEEK 2: October 5 - October 11

WEEK 3: October 12 - October 18

WEEK 4: October 19 - October 25

WEEK 5: October 26 - November 1

WEEK 6: November 2 - November 8

WEEK 7: November 9 - November 15

Please describe your physical activity this week!

(EXAMPLE: "Walked one mile every day, participated in Zumba class, started strength training.")

Each Buddy may earn **10 Buddy Points** per week by completing this form individually and turning it in to The Wellness Program! Fax it to 293-3725 or send it by campus mail to Box 9146.



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