

2016-2017 H.E.L.P. RULES

H.E.L.P. is open to Salt River Community Members, SRPMIC residents, and SRPMIC Tribal/Enterprise employees. Participants must complete a Personal Health History Form if they haven't already along with program registration.

SCHEDULED WEIGH-INS

- **PRE-HOLIDAY WEIGH-IN: NOVEMBER 7 – 10, 2016**
- November 30, 2016
- December 14, 2016
- December 28, 2016
- January 11, 2017
- **POST-HOLIDAY WEIGH-IN: JANUARY 23 – 27, 2017**

PROGRAM WEIGH-IN DAY: WEDNESDAY

TRACKING STARTS MONDAY NOVEMBER 14, 2016

**ABSOLUTELY NO RESCHEDULING OF WEIGH-INS.
THIS CHALLENGE IS PASSED ON A POINT SYSTEM.**

POINT SYSTEM

H.E.L.P. works on point system. Each week you and your teammate will use the H.E.L.P. calendar to log the following goals:

- **EARN 5 POINTS** for 30 minutes of physical activity 3 – 5 times a week.
- **EARN 3 POINTS** for 20 minutes of strength/resistance training 2 – 3 times a week
- **EARN 1 POINT/DAY** for drinking 8 cups (8 oz.) of water daily
- **EARN 5 POINTS** for 5 for 5—eat 5 servings of fruits & vegetables 5 times a week
- **EARN 20 POINTS/MONTH** for losing % of body weight—formula below
- **EARN 50 POINTS FOR MAINTAINING WEIGHT THROUGHTOUT THE PROGRAM.**
 - If a participant has a starting weight of ≤ 175 , he/she must stay within two pounds of his/her starting weight.
 - If a participant has a starting weight of ≥ 175 , he/she must stay within three pounds of his/her starting weight.

LOSING PERCENTAGE OF YOUR BODY WEIGHT

Each month you'll receive **20 POINTS** for losing a percentage of your body weight. You'll use your initial pre-holiday weight and end of the month weigh-in to calculate your monthly loss of body weight.

FORMULA

$(\text{PRE-HOLIDAY WEIGHT} - \text{END OF THE MONTH WEIGH-IN}) \times 100 \div \text{PRE-HOLIDAY WEIGHT} = \% \text{ lost}$

- Example: If a person's pre-holiday weight was 200 lbs. and their end of the month weigh-in was 190 lbs. their total percentage of weight lost was 5%.
 - $(200 - 190) \times 100 = 1,000 \div 200 = 5$

BONUS POINTS

- **EARN 1 POINTS** for each **WORKOUT CHALLENGE (WO)** you complete each week. **MAXIMUM 2 POINTS (2 WO) PER WEEK.**
- **EARN 2 POINTS** for attending a **DIABETES PROGRAM GROUP EXERCISE CLASS** each week. **MAXIMUM POINTS 6 (3 DAYS) PER WEEK.**
- **EARN 2 POINTS** for attending any events offered by the **DIABETES PROGRAM.**

WELLPATH POINTS

To earn WellPath points participants must complete pre and post-holiday weigh-in along with logging a minimum 8 weeks of activity—i.e. physical activity, strength training, water consumption, fruit & vegetable intake, etc.