

GFWC Florida Federation Fitness Guidelines

1. Appoint a club GFWC Florida Federation Fitness chairman. This person will serve as the contact person for both the club members and the state Home Life Chairmen.
2. The club chairman will contact the two state Home Life chairmen to register their club as a participant in the GFWC Florida Federation Fitness Contest by sending an e-mail to Carolyn Campbell (ccocalatxy@gmail.com) and Joyce Johnston (joycebear@aol.com). Registration will allow you to receive periodic e-mail tips and updates about the program.
3. Each participant needs to read and sign the release form provided by the state Home Life chairmen. These release forms will be kept on file by the club chairman.
4. Hold an initial weigh-in and set up a weekly schedule of future weigh-ins. Everyone should weigh-in on the same scale. Whether you purchase a club scale or you use the one at Publix, consistency is the key. Appoint someone to keep a log of the weigh-ins.
5. Hold support meetings at least once a month. You can include speakers on how to eat a healthy diet, you can share recipes, or you can just have a gab session.
6. You may also want to form walking or exercise groups (make sure your participants have been medically cleared for exercise). You can also access the website of one of our GFWC partners, the National Heart Lung and Blood Institute (www.nhlbi.nih.gov) for information on a heart healthy diet and exercise.
7. The first competition runs from October 1, 2010, through March 15, 2011. The second competition runs from June 1, 2011, to March 15, 2012. Your club chairman has until April 1st to e-mail to the state Home Life chairmen the following information:
 - a. Name of the individual with the highest weight loss percentage. Include their percentage of weight lost as well as the total pounds lost.
 - b. Overall weight loss percentage as a club (based on members who participated), the number of members who participated, and the total of pounds lost as a club.
 - c. Brief description of how your club participated in this project (i.e. any speakers you had, support group activities, etc.).
8. Weight loss percentage is computed by taking the number of pounds lost and dividing it by the starting weight. For example, if someone has a starting weight of 200 pounds and loses 20 pounds, then that person has a 10% weight loss (20 divided by 200 is 1/10 which equals 10%). Round the percentage to the closest tenth of a percent (such as 10.5% or 12.9%).
9. Fun awards will be given to the Federation Fitness winners at the 2011 and 2012 convention Home Life workshops. You will also want to include a narrative about your Federation Fitness participation in with your regular Home Life annual report to be considered as part of your overall Home Life report.