

WHATCOM COUNTY EMERGENCY RESPONDERS  
**fitness challenge**



### **WHAT IS THE FITNESS CHALLENGE?**

The Fitness Challenge is a body composition improvement contest for emergency responders and personnel and their spouses in Whatcom County. Because everyone who enters the contest has a different body type, "body composition improvement" means something different for everyone. Some contestants will be attempting to lose weight and get stronger. Some will be trying to bulk up and gain muscle mass. Other already fit contestants may be trying to take their fitness to the next level.

### **WHO WILL BENEFIT FROM THE FITNESS CHALLENGE?**

In addition to the benefits gained by individual contestants, this is a fundraising opportunity for Support Officer Community Care, a non-profit organization in Whatcom County. Support Officer Community Care is a program that impacts and influences the quality of life for families experiencing tragedy and trauma in our community, and the First Responders who serve them.

### **WHO CAN PARTICIPATE IN THE CONTEST?**

Any and all emergency responders and personnel in Whatcom County and their spouses.

### **DO I ENTER AS AN INDIVIDUAL OR A TEAM?**

You must enter the competition with a team. Teams may consist of three to five people from the same agency or department. The benefit of competing in a team is that it provides an opportunity to work together toward a common goal and enhance camaraderie.

### **HOW LONG IS THE CONTEST?**

The contest is 12 weeks long, starting January 6<sup>th</sup> and 7<sup>th</sup> and ending March 31<sup>st</sup> and April 1<sup>st</sup>.

### **HOW ARE THE RESULTS JUDGED?**

A measure of body composition is performed by a fitness trainer using one of two techniques most appropriate for each contestant (in most cases a caliper instrument will be used.) The body composition of each team member will be totaled and averaged to give the team one score. The same method will be used for the final score. The winning team will be determined based on the percent of improvement during the 12-week period (*see rules and regulations for further details on judging.*)

### **WHAT'S THE PRIZE FOR THE WINNING TEAM? ARE THERE INDIVIDUAL AWARDS?**

There will be multiple prizes donated by local merchants for the winning team members. Also, prizes will be awarded to the top male and top female contestants.

### **IS THERE AN ENTRY FEE?**

Yes. The cost is \$35 per person.

### **WHEN DO I NEED TO REGISTER BY?**

Registrations need to be postmarked by Friday, December 15th.

### **WHERE DO I SEND MY REGISTRATION FORM?**

Team Captains need to collect the registration forms and entry fees from their team, and send them to:  
SUPPORT OFFICER COMMUNITY CARE / P.O. Box 1102, Bellingham, WA 98227