

The “Biggest Winner” Challenge Guidelines

What Is The Rising Star “Biggest Winner” Challenge?

The Rising Star Biggest Winner Challenge is a fun team–based exercise, weight loss, and path to healthy lifestyle for participating members. The first segment will last for six months through March 31, 2012. The scriptural reference for The Biggest Winner is I Corinthians 6:19-20 (NIV): *“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

You are invited to form a team with members from your geographic location or other outreach approaches and compete with other teams by recording exercise, weight and pedometer steps that contribute to a health lifestyle! The program is open to *all* Rising Star members, at no cost.

Your team can compete in any or all of the three challenge categories: weight loss, exercise minutes or pedometer steps. All participants can choose to receive a program welcome kit, which includes The Biggest Winner Guidelines, a reminder wristband and activity log sheets. The Biggest Winner Challenge has something for everyone and accommodates all levels of activity.

The Biggest Winner Challenge is designed for individuals of all health and fitness levels. We'll provide you with the tools and resources to easily set goals, track your progress, and motivate your fellow team members.

Your Biggest Winner Tools

- High–quality pedometer
- Biggest Winner wrist bands
- Competition logbook
- Team Tracker system
- Monthly exercise and nutrition tips

How It Works

1. Recruit Your Team: Team Captains recruit team members from church membership and signup sheets at the Welcome Desk. Captains can use the Rising Star website or word of mouth to recruit a team (10 members including the team captain). Captains then lead their teams to walk, lose weight and exercise!

2. Get Ready To Compete: After you form your team; be prepared to turn in the names and contact information of individuals on your team. You will be issued a team kit prior to the Biggest Winner Kickoff on October 1. You should target your team formation by September 23, 2011.

3. Get Set To Move: Each team member will choose the category or categories he/she wants to compete in and results will be based on average weight loss of the entire team, average time spent in exercise per team member and average total pedometer steps per person on the team.

4. Spiritual Growth: In addition to the physical health and wellbeing, team members can earn extra points for their teams through the following spiritual development:

- **Bible Study – 10 points per attendance**
- **Wednesday Services – 10 points per attendance**
- **Sunday School – 10 points per attendance**
- **Prayer Meeting – 20 points per attendance**

5. Go! Team members will record their daily progress online or in the printed logbook. Report daily or every week, online, over the phone, even text your results in! Team standings are published on the Rising Star website at the end of each month. To protect your privacy, in the weight loss challenge, no other participant will ever be able to see your individual weight.

6. The Payoff: In addition to the reward of meeting your goals and the fellowship with other church family members to pursue a healthy lifestyle, participants who track their results for the duration of the Biggest Winner Campaign are eligible for prizes!

7. Please encourage your team members to get their doctor's permission before engaging in regular physical exercise prior to participating in the Biggest Winner if they have not exercised in the past.

Frequently Asked Questions

What is the Rising Star Biggest Winner Challenge?

The Rising Star Biggest Winner Challenge is a, fun, team-based exercise, pedometer steps, and weight loss competition. The Challenge is six months long and starts on October 1, 2011.

What counts as “exercise”?

Exercise is defined as moderate intensity activity. Any activity in which you are increasing your heart rate and breaking a sweat counts. This includes brisk walking, jogging, spinning, running, swimming, weight lifting, other sports, etc.

Can I wear my pedometer while I am exercising?

Wear your pedometer all day, every day! Any steps that you track on your pedometer can count toward your total pedometer steps. You can also count this time toward your exercise minutes total. So when you are running on the treadmill at the gym, make sure you are wearing your pedometer.

What's in it for me?

Besides the reward of good health, the fun of challenging yourself and other members of the church family, and the satisfaction of meeting your personal goals — you'll receive monthly newsletters with fitness tips, and access to a robust competition tracking website.

How do I sign up?

It's easy — sign up at the Church Welcome Center or contact any member of the Health & Wellness Ministry. You can choose to be a team captain, join an existing team, or find team members for your team.

What do I get when I register?

Once you register for the Biggest Winner Challenge, you'll receive a welcome package that includes Frequently Asked Questions, printed competition log sheets, and reminder wristband — tools that will help you succeed. T-Shirts will also be available at a later date.

I've been invited to join a team, what do I do next?

Register, if you haven't already, and accept your team captain's invitation.

How do I complete the program?

Report your progress at the end of each month and complete the end-of-program survey.

What are the responsibilities of the Team Captain?

Being a Team Captain is easier than you think! The Captain's chief responsibility is to recruit the team (at least 10 members). Once the competition begins, the Captain can also help motivate team members and ensure that they report results on time.

How many people can be on my team?

You can have 10 or more people per team, including the Team Captain. It is best if the teams do not exceed 15 members.

What if I can't find 10 people who want to be on my team?

You can connect with the Health & Wellness Ministry to assist you in recruiting team members.

What are the competition divisions?

There are three divisions in this competition: weight loss, exercise minutes, and pedometer steps. Each team member can select to participate in 1, 2, or all 3 divisions. If at least 5 people on a team select to participate in a particular division, then that team will be included in the team standings for that division. If less than 5 people select a division, the team will not be included in the team standings, however each team member can still track personal progress in that division. For example, if 5 people on your team select pedometer steps, then your team will qualify for the pedometer steps team standings. If only 4 people on your team select exercise minutes, then your team will not be included in the exercise minutes' team standings.

Do I have to enter the weight loss category?

No. There are three divisions in this competition: weight loss, exercise minutes, and pedometer steps. You may enter one, two, or all three divisions. You can also gain points by your participation in church activities (e.g., Bible Study, Wednesday Night Service, Sunday School, Marriage Ministry, Ushering, Music Ministry, etc.)

Can I change which competition divisions I want to participate in?

You can change your selected competition divisions any time until the end of the first month of the challenge. After the first month, your selections will be fixed and cannot be changed.

How do I report my progress?

Every two weeks, at the end of each round of the competition, you should submit your results. You can do this by entering your results on-line at the Rising Star Health and Wellness website,

calling your Team Captain, or you may give your log sheet to your Team Captain to be entered on your behalf.

Will other people be able to see my weight online?

Absolutely not! Your individual weight will *NEVER* be available to anyone but yourself. We know this is a sensitive topic, so we protect your privacy.

Do I need to report my weight to my team captain if I do not have access to a computer?

No. Team Captains will know your weight only if you decide to share that information.

How are team standings calculated?

There are three separate team standings—one for each competition division. Team standings are based on cumulative results and are calculated as average weight loss percentage, average exercise minutes, and average pedometer steps per participating team member. Your team's average for a specific division will be calculated based on the number of team members actually competing in that division, not the total number of members on your team.

When will team standings be published?

Updated team standings will be published once at the end of each month of the challenge.

If I set personal goals online, does that affect my standing in the competition?

No. Goal setting is designed to help you succeed in the program. Your goals will have no impact on your team's standing.

What are the wristbands all about?

If you elected to receive the Biggest Winner toolkit, you will get a signature Biggest Winner wristband. The band is meant to foster a sense of community and team building among all of us who are participating in this health effort.

How do you prevent cheating?

This challenge can only be successful by building a community with a strong spirit of trust and collaboration. To that end, we rely on the honor system to ensure that all progress reported by participants is accurate. It is fun to compete and win, but the real success in this campaign comes from being honest with ourselves and legitimately reaching the ambitious goals that we set.

Please get your doctor's permission if this is your first time engaging in strenuous physical exercise.