



BECAUSE A HEALTHY COMMUNITY
STARTS WITH HEALTHY PEOPLE

Take It Off Hawaii Qualifying Guidelines

Are you ready to make positive lifestyle changes, however big or small? Become part of the growing nationwide trend of communities working to reduce chronic disease and improve quality of life. As individuals, we owe it to ourselves to make wise nutrition and physical activity choices that improve our health now and in the future. Balancing work, family, physical and mental health are important to our overall well-being, but can be challenging. Take It Off Hawaii offers tips and tricks to help you take the important first step to start you on your journey of wellness!

- Team goal: build as many life points as possible by either losing weight or by following ‘lifestyle point’ suggestions.
- Teams who achieve the greatest number of lifestyle points will be entered to win team and/or individual prizes. Prize categories will include: top 3 teams, top 3 participants from each region; East Hawaii, West Hawaii and North Hawaii. A grand prize will be awarded to one team and one participant on the island.
- Teams must consist of at least five members but not greater than ten.
- Each team is encouraged to appoint a team captain who has an email address to ensure the flow of information.
- There may be multiple teams from one company or organization.
- Individuals may belong to only one team.
- Each member of a team must have their starting weight taken at one of the alternate locations between May 1st and May 9th to be official participants (check TIOH posters or flyers for designated Take It Off Hawaii screening sites). Worksite screenings may also be available.
 - Worksites will be allowed to have their own on-site screenings if they have the necessary equipment available OR
 - Take It Off Hawaii is able to provide on-site screenings. Appointments are necessary and are only available for a limited time period.
- Each member of a team must also have their ending weight recorded at the end of the competition (between August 1 and August 8th) to be eligible for incentive prizes.
- Only documentation from official screening locations will qualify.
- Incentives and prizes will be awarded at each region’s closing event.
- Take It Off Hawaii committee members are not eligible for incentives and prizes.

Confidentiality of each participant’s individual health status will be a priority. Therefore, challenge results will only be given in aggregate. No individual health information will be divulged without the prior written consent of the individual.