

# TEAM ROSTER

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 City, Zip \_\_\_\_\_  
 Gender \_\_\_\_\_ Shirt Size \_\_\_\_\_  
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Total Entry Fee: \$ \_\_\_\_\_

\*Shipping/Handling \$ \_\_\_\_\_

Grand Total \$ \_\_\_\_\_

Mail to:  
 Sooner State Games  
 211 N. Robinson Ste 250  
 Oklahoma City, OK 73102

**\*Include an additional \$2.00 shipping & handling fee per t-shirt unless your team chooses to pick up team T-shirts at the Sooner State Games office.**



211 N. Robinson, Suite 250  
 One Leadership Square  
 Oklahoma City, OK 73102

*lighten up*  
**OKLAHOMA**  
 presented by **SUBWAY**



*presented by*



## WHAT IS IT?

Lighten Up Oklahoma! is a four month competition that encourages Oklahomans to develop healthy activities and eating habits.

The 2008 program will begin Wednesday, January 9 and will conclude Wednesday, May 7.

Team competition is recognized in two divisions: weight loss and accumulated activity. A team can enter either one division or both for their entry fee.

- Weight loss due to healthy appropriate diet and physical activity.
- Accumulated activity in the form of minutes.

Each week the team captain will get nutritional information to distribute to the team. *(If participants give email address, the nutritional information will be sent directly to them.)*

## WHY OKLAHOMA NEEDS TO LIGHTEN UP

"According to the 2005 United Health Foundation's State Health Rankings, Oklahoma ranked 44th out of 50 states in overall health status, declining from 31st in 1990."

During the 1990's, only three areas of the world experienced a decline in the health of their citizens- the former USSR, Sub-Saharan Africa, and Oklahoma.

Moderate physical activity and eating fruits and vegetables can substantially reduce the risk of developing diseases such as heart disease, colon cancer, type 2 diabetes, high blood pressure, high cholesterol, and obesity.

The consequences of our health behaviors are very real and far-reaching, impacting our families, health care system and economy.

## HOW TO ENTER

1. Put together a team (2-10 members) of co-workers, friends, or family.
2. Pick a team name and a captain.
3. Team captain should fill out an entry form, collect the entry fees and submit ONE CHECK or MONEY ORDER *(payable to Sooner State Games)* for the entire team.
4. Entry fee is \$12.00 per participant and includes a training T-shirt, entry into the 2008 Sooner State Summer Games 1 mile fun run/walk, and weekly nutritional information. *(Note: An additional \$2.00 shipping and handling fee per t-shirt unless your team chooses to pick up team T-shirts at the Sooner State Games office.)*
5. Team captains will receive a confirmation email or letter on how to periodically submit the team's progress.

## IMPORTANT DATES

**January 9, 2008**- Team weigh-in deadline. Each member of the team turns in an "honor" weight to the team captain. Beginning activity date for logging minutes. (Note: Entry forms will continue to be accepted after this date).

**February 6, 2008**- Team weigh-in and/or accumulated minutes due.

**March 12, 2008**- Midway point weigh-in and/or accumulated minutes due.

**April 9, 2008**- Team weigh-in and/or accumulated minutes due.

**May 7, 2008**- You are in GREAT shape and ready to submit your final weigh-in or accumulated minutes.

**May 17, 2008**- Free entry into 2008 Sooner State Summer Games 1 Mile fun run/walk.

## Congratulations 2007 Winners!

Wayne Waddlers of OKC lost 27.6 lbs per person  
Tortoise and The Hares accumulated 30851.25 minutes of physical activity per person

## REGISTRATION

Team Name \_\_\_\_\_

Division: \_\_\_\_\_

Weight Loss (18 Years or Older)

Accumulated Activity

Beginning Total Team Weight \_\_\_\_\_

Team Captain's Name \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

Email \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Gender \_\_\_\_\_ Shirt Size \_\_\_\_\_

How did you hear about Lighten Up \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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