



Frequently Asked Questions

Presented by: **Student Nursing Organization/WCCC**

Fall 2010

What is the SNO/WCCC "A Healthier Me" challenge mean?

During the Fall 2010 semester at Warren County Community College, the Student Nurses Organization will be sponsoring a weight loss challenge for all WCCC students, staff, faculty, and community members of Warren County to choose a healthier lifestyle and to lose weight.

What is the cost to participate in "A Healthier Me" Challenge?

There is no cost to participate. The program is free of charge to all WCCC students, staff and faculty interested and all Warren County community members.

How does it the program work?

During the Kick Off Session and Vendor Fair, you will register to participate. In a private area, one person and you will collect the relevant information for the SNO/WCCC "A Healthier Me" Challenge.

Weight loss (or gain) will be reported as a whole number to the assigned team leader. Each week, one team will win a prize for having the largest weight loss. The top loser of the remaining teams will also win a prize for achieving weight loss.

During the last week of the SNO/WCCC "A Healthier Me" Challenge an ending weigh-in will be completed to verify the official ending weight. If this weigh-in is missed, then all weight loss/gain reported will be erased and not used to determine the team with the most weight lost.

In May 2011, one last weigh-in will be conducted to award a grand prize to the one person with the largest percentage of weight loss.

Will everyone know my current weight?

Only you and the person completing the official registration form and weigh in will know your current weight and other health factors. The team leaders will only know the name of the team members, not the current weight. You can choose to disclose your weight to other participants. The weigh-in is done privately in a separate area with anonymity.

How do I register?

Complete the registration form and bring it to one of the official weigh-in times during the week of September 21, 2010. Also complete and bring the liability release form.

Do I have to register and report my weight loss or weight gain?

Yes, registration and official weigh-in and weigh-out is a requirement to ensure honesty and privacy of all members participating.

Are there prizes to win?

Of course..... There are many opportunities to win prizes and lose weight. Some of the sponsors and donors within the community include cooking classes, gym memberships, health food store discounts or gift certificates, local restaurants and more.

How will communication be sent to me?

"A Healthier Me" Challenge will be utilizing the www.wiggio.com or by email as a communication tool every week with your team leader and others participating. Additionally, through Wiggio, there are tools available and additional links for support.

Choice of weight loss methods and options to loss weight?

SNO/WCCC will be grouping teams utilizing two methods of weight loss. Weekly emails containing information about one of the two options will be sent to members once they are assigned to meal. Other methods of weight loss are available if an individual member chooses to follow their own plan and only report weigh loss/gain. The team leader will only be sending out information on the option in which the participant is registered. This option recognizes each individual and body type.

At the time of registration, the participant will asked for preference, but assignment will not be guaranteed.



Kick Off Sessions and Health Fair— September 21, 2010 9am-3 pm

Presented by: **Warren County Community College/SNO**

Fall 2010

Schedule of Events:

Vendor Health Fair, Guest Speaker and Information on Healthy Choices.

Warren County Community College and Room 123

From 9 am to 3 pm

11:00 am Speaker: Erica Novack, Dietician

Erica Novack- Earned a B.S. in Food and Nutrition from the College of Saint Elizabeth in 2009 and also earned the title of **Outstanding Dietetic Student of the Year** from the American Dietetic Association in 2009. In May of 2010, she completed the dietetic internship at the University of Medicine and Dentistry of New Jersey which included 1,200 hours of supervised practice in the field of dietetics. She is currently working for Applied Nutrition, a company that specializes in the development and production of medical foods and low protein foods for people with inborn errors of metabolism. She will also soon be starting a position at Applied Nutrition in Cedar Knolls as a Clinical Dietitian.

Registration and Weigh In Times

Tuesday, September 21, 2010

9 am-11am in Room 123

1 pm -3 pm in Room 123

6 pm – 7 pm in Room 123

Friday, September 24, 2010

10 am-12 pm in Room E205

WCCC/SNO wants you to succeed in this challenge. Join a team to make a difference in your life by losing weight and being a healthier individual for yourself and your loved ones.