

Families Needed for Healthy Albany 2012 Challenge

Join us for the Albany/Savannah Family Wellness Challenge. Win cash and other prizes for creating a healthy family. Twenty families/households (5 person max.) are needed to participate in a twelve week health promotion project that will be held in partnership with the city of Savannah, GA.

1. Willing to commit to making lifestyle changes to improve your individual and family health and fitness?
2. Can you imagine having your own personal wellness coach to access and support the changes desired?
3. Are you open to being interviewed by the media in order to educate the community on the comprehensive nature of wellness?

Name	Phone and/or Email
Street Address	City State Zip
Occupation/Employer	Do you have health insurance?
Family Members (please list age and role)	
Special Information about your family/household. Please include any health conditions.	

****IMPORTANT NOTE: At least one family member in household MUST be obese and have at least one chronic disease. (ie. High blood pressure, diabetes, heart disease, cancer, etc.)**

Receive points and resulting awards for healthy behaviors adopted by your family members. Point system will include the completion of some activities such as:

- Completion of health risk appraisal and pre-test. (Based on scores)
- Assessment by health coach and related agreement for improved lifestyle
- Commitment to cross generational buddy system (family support)
- Attendance at select health education classes (TBA)
- Pledge to increase movement – Goal: 10,000 Steps per day. (Pedometers will be provided)
- Pledge to increase nutritional quality of diet
- Pledge to decrease TV time
- Pledge to eat together with family, when possible
- Agreement to participate in family dynamics workshop - TBA

Interested? Complete this application and return to Pamela Jackson - ybhproject@bellsouth.net or Danielle Blackwell – dimage4u2@msn.com. You may also leave this form at the front desks of Cumulus Broadcasting or The Albany Herald.