

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
TOWER BARRACKS FITNESS CENTER
8-Week WEIGHT LOSS CHALLENGE 2022
4 February – 1 April 2022
“Sprint to Spring”**

1. **REFERENCES:**
 - a. AER 215-1 Morale, Welfare, and Recreation in Europe (17 June 2019)
2. **WHAT:**

2022 Weight Loss Challenge “**Sprint to Spring**”
3. **WHEN:**

4 February – 1 April 2022
4. **WHERE:**

Tower Barracks PFC, Bldg. 170
5. **REGISTRATION:**
 - a. Register in person at your local fitness centers in both Tower and Rose Barracks.
 - b. Registration fee: **\$50 - Max 35 People**
Please visit your local fitness center for payment.
 - c. Registration deadline is **31 January 2022**.
6. **ELIGIBILITY:**
 - a. Open to all US ID cardholders in the Grafenwoehr (Tower Barracks) and Vilseck (Rose Barracks) communities.
 - b. Must be 18 years or older to participate. Not in high school or registered in a CYS program.
 - c. Individuals who have no current physical limitations, free of communicable diseases, and cleared to participate in physical fitness activities.
7. **EVENT FORMAT:**
 - a. Set your eyes for sunny skies and begin your journey into fitness! If you’re looking for a challenging and rewarding experience to meet your fitness goals, then this challenge is for you. Shred off that winter weight, get back into fitness, and win!
 - b. Participants will follow all current or upcoming restrictions and policies in the fitness centers to include: hygiene and sanitizing procedures, and all facility policies.
 - c. Participation rules and related information will be provided to all registered participants.

d. Participant weight and BMI will be assessed and recorded in person bi-weekly throughout the event.

e. A mandatory weigh-in will be conducted in person at either fitness center on Tower or Rose Barracks.

f. Participants will monitor their food and water intake by using a food journal. Journals will be submitted to the community dietician on specified dates throughout the event.

g. Weekly workout programs will be provided. Program facilitator and qualified staff will be available to provide assistance on exercises and equipment use as needed.

h. To foster commitment, participants must meet deadlines and workouts.

8. **CLASSES:**

a. Fitness classes are available! Class schedules can be found on the community fitness calendar.

9. **APPAREL:**

a. Facility policies applicable when present inside. Proper athletic clothing wear and shoes for safety will be worn.

10. **AWARDS:**

a. Cash prizes!!

b. A long healthy and happy life and bragging rights!

c. Participant must meet all requirements to qualify for the award. Winners will be announced on 6 April 2022.

11. **EVENT POC:**

DSN: 526-1420 CIV: 09641-70-526-1420
Fitness Program Specialist
Family and MWR, USAG BAVARIA