

The logo for the uFit Challenge. It features the word "uFit" in a white, sans-serif font, with a white swoosh underneath it. Below "uFit" is the word "CHALLENGE" in a bold, orange, sans-serif font. The entire logo is set against a dark gray rectangular background.

uFit
CHALLENGE

LIFETIME[®]
ATHLETIC

HyVee[®]

2015 uFit Challenge


About uFit

- uFit is a committee of the Urbandale Community Action Network (UCAN), a non-profit that envisions a healthy, energetic, and vibrant Urbandale.
- uFit committee members volunteer their time and talents to improve community health.
 - Emily Cataldi
 - Heath Hinkhouse
 - Jessica Schroeder
 - Kathy Koenig
 - Kathie Wolfe
 - Lacey Gillies
 - Kim Hinkhouse
 - Suzanne Stewart
 - Ashley Mobley
 - Tim Carver

The uFit model

- uFit takes a three-pronged approach to improving the health and wellness of all Urbandale residents.
 - **Healthy eating** – developing programs that support health and promoting educational opportunities; improving food nutrition in schools and restaurants, etc.
 - **Active lifestyle** – creating and supporting ways for residents to encourage healthy behaviors and connect through physical activities.
 - **Positive outlook** – contributing to the community culture by highlighting the positive impact that physical activity and healthy eating can have on a person's emotional well-being.

The uFit Challenge

- The uFit Challenge is our flagship program, now in our fourth year of engaging the community to improve health.
 - The program acts as a catalyst for improving health in a sustainable way—particularly focused on integrating healthy choices into every day.
 - Thanks to the generosity of our sponsors we were able to provide this opportunity to 15 challengers.
 - We created a supportive environment with dedicated community members and professionals and eliminated common obstacles to a healthy lifestyle, awarding uFit Points for healthy activities.
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Eliminating obstacles

- The uFit Challenge eliminated several obstacles:
 - **Camaraderie** – Improving health is easier when you aren't alone, and our committee and fellow challengers provided support.
 - **Cost** – The uFit Challenge was free thanks to Lifetime and Urbandale Hy-Vee.
 - **Education** – We surrounded the challengers with professionals—trainers and dietitians—that could identify actions to improve their health.
 - **Experience** – We exposed challengers to new foods, new exercises, new people, and new activities in an effort to find ways to make getting healthy fun.

What we learned

- The 2015 uFit Challenge was an overwhelming success based on challenger participation and the improvements in biometric data.
 - We had a very engaged group of challengers that were committed to improving their health.
 - We learned that finding individuals that are as committed to each other as they are to their own goals makes for a successful environment.
 - We also learned a lot about our challengers!
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uFit Challenge data

Our challengers worked hard

- 30 biometric screens at LifeTime*
- 143 trips to Hy-Vee for Begin nutrition classes*
- Over 470 trips to Lifetime*
- Over 200 additional at home workouts*
- Almost 1,000 entries into daily food journals*
- 149 appearances at 17 uFit Challenge events*
- More than 5,400 uFit Points earned*

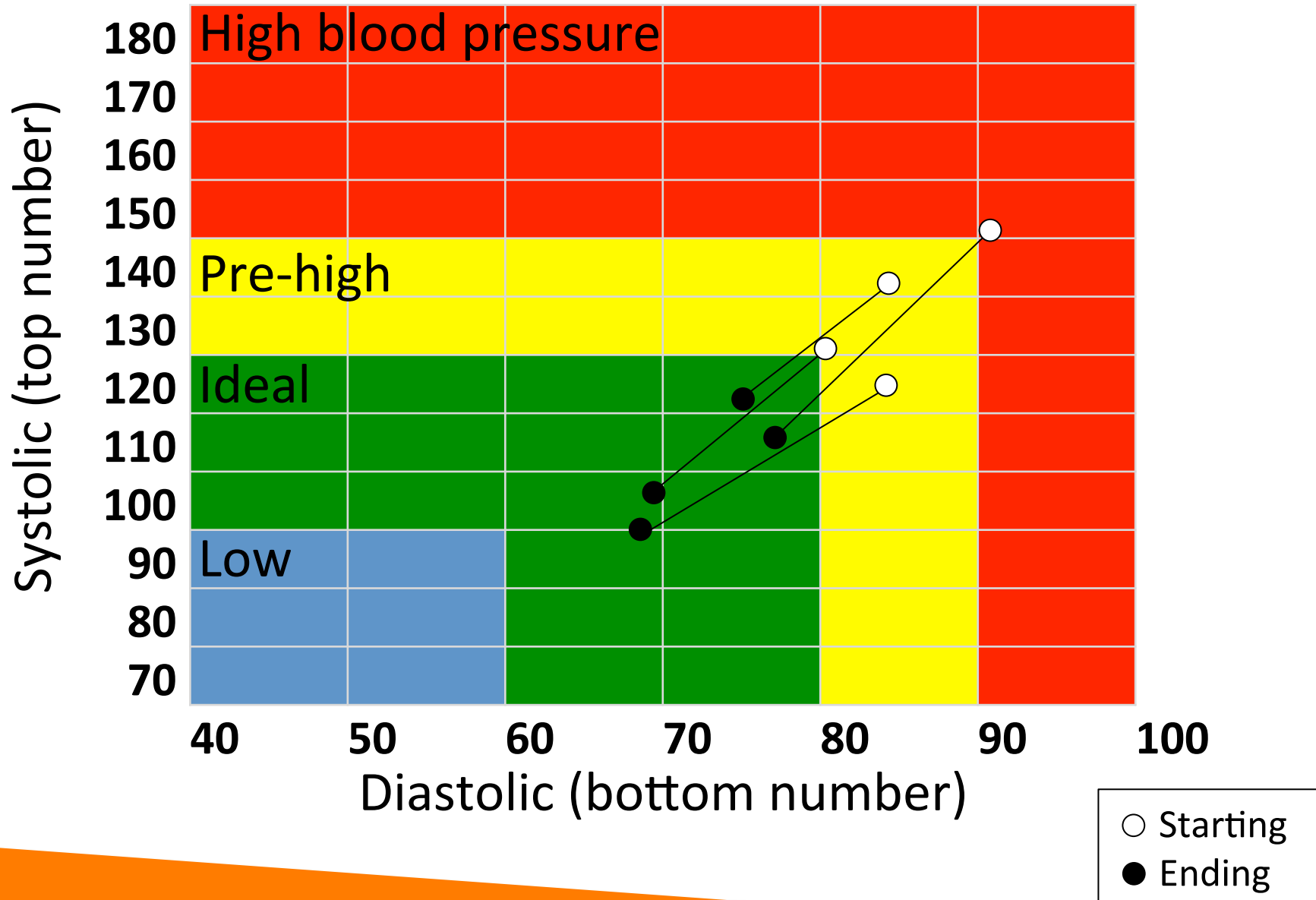
* *new record*

Hard work yielded results

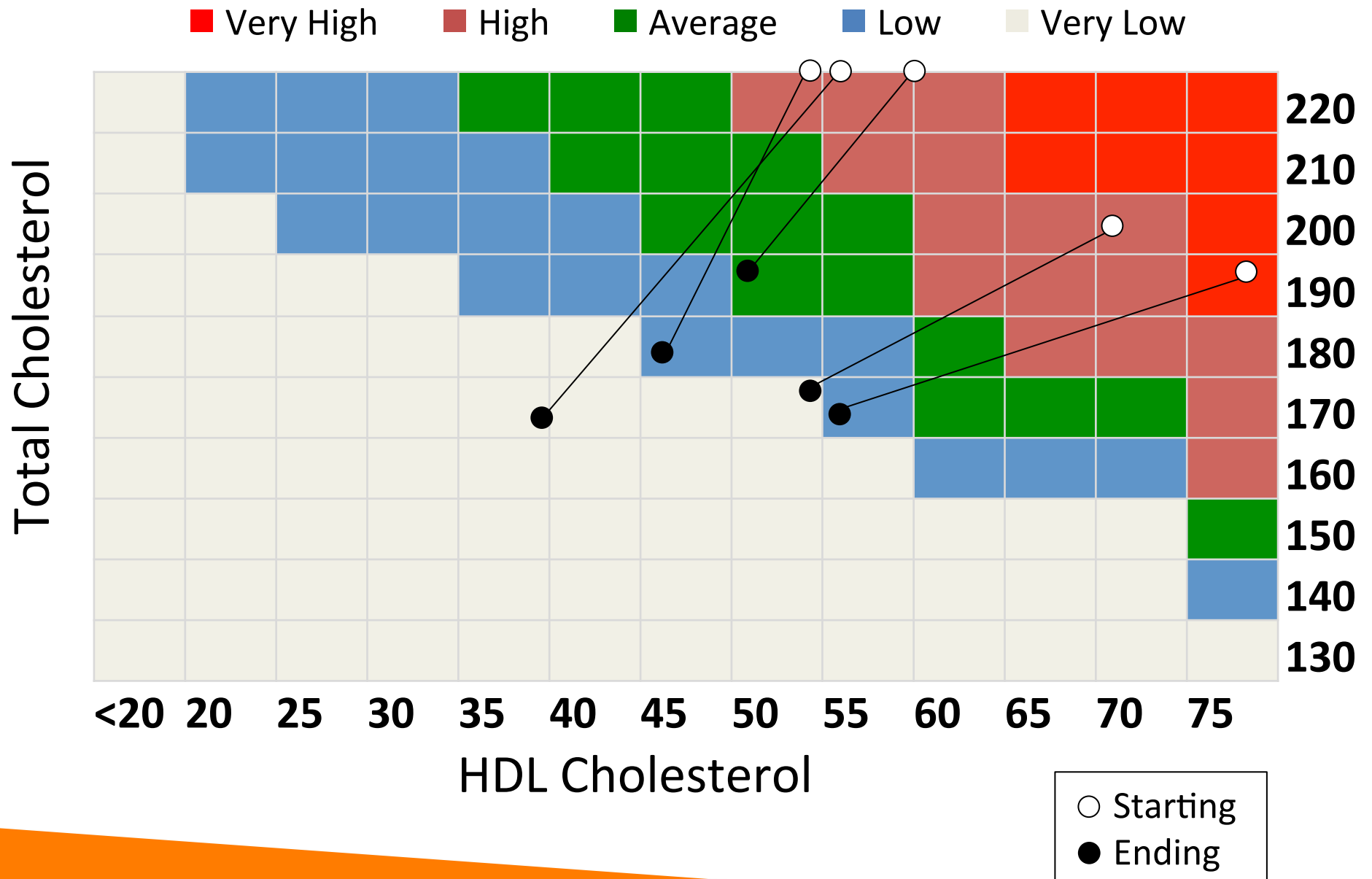
- Over 240 pounds lost in 12 weeks*
- All 15 challengers lost weight*
- Average challenger lost 7% of their body weight*
- Thirteen challengers lost 8 pounds or more*
- Eight challengers lost 14 pounds or more*
- Five challengers lost 20 pounds or more*
- Challengers earned over 50 prizes along the way

* *new record*

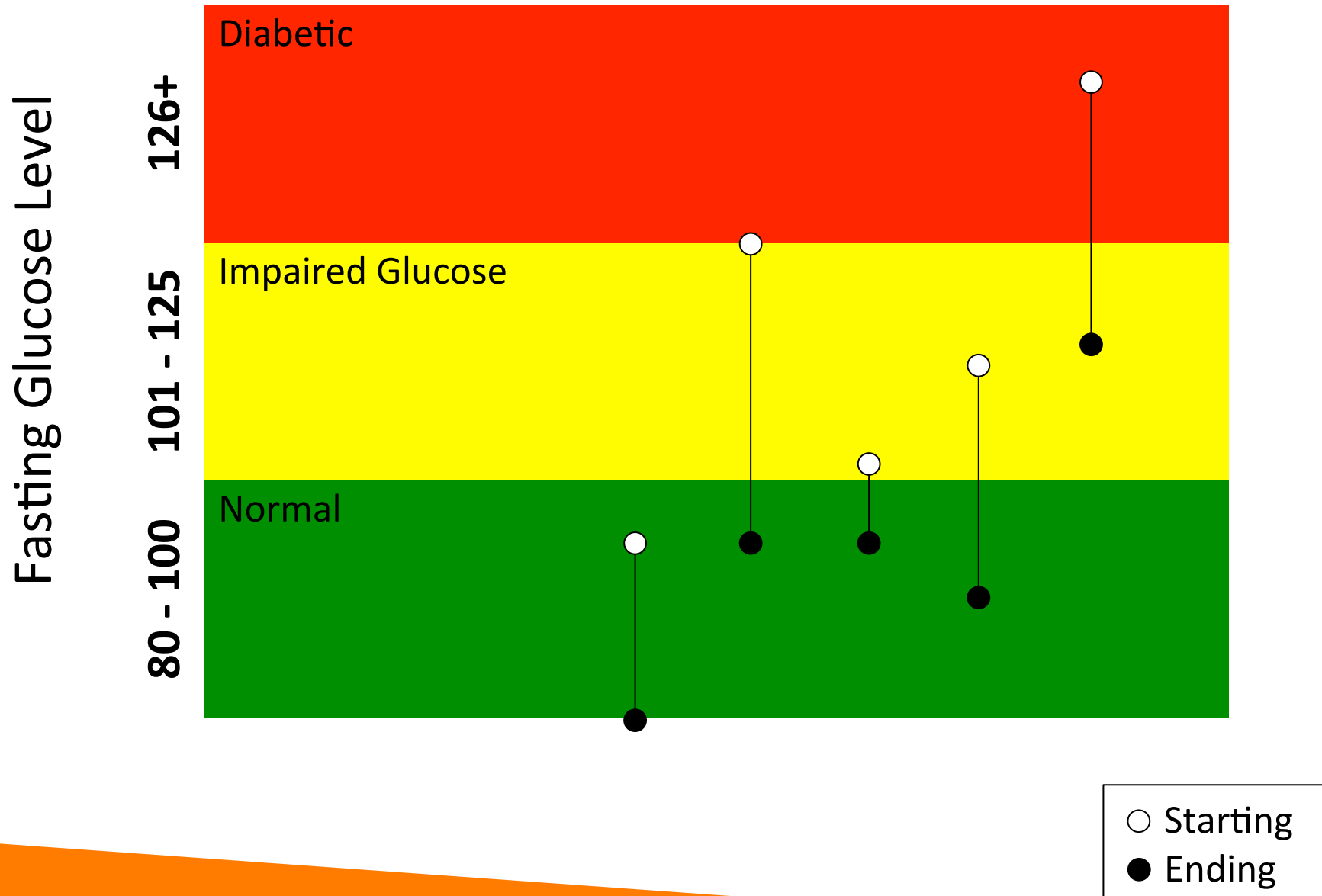
Blood Pressure Improvements



Cholesterol Improvements



Blood Sugar Improvements



uFit Challenge Results

Joyce



- Lost weight over 12 weeks
- Lowered blood sugar by 32 points
- Lowered triglycerides by 53 points
- Recorded every meal in her food journal for 10 weeks

Kristin



- Lost 14 pounds
- Lowered blood sugar by 6 points
- Lowered total cholesterol by 62 points!
- One of eight to attend every Begin class and record every meal during the Challenge

Mary



- Lost 24 pounds, over 10% of her body weight in 12 weeks!
- Lowered blood sugar
- Lowered total cholesterol by 51 points
- Dramatically lowered her blood pressure
- Attended every Begin class

Dennis



- Lost 36 pounds
- Lowered blood sugar by 31 points
- Lowered cholesterol by 60 points!
- Recorded 64 trips to Lifetime (most)
- One of eight to attend every Begin class and record every meal during the Challenge

Faith



- Lost 34 pounds, 13% of her body weight (highest %)
- Lowered blood sugar, total cholesterol, and blood pressure
- One of eight to attend every Begin class and record every meal during the Challenge
- Accumulated 512 uFit points (most)

Paul



- Lost 15 pounds
- Lowered blood sugar
- Lowered cholesterol
- Lowered blood pressure
- Close to the goal of losing 20 pounds that he set in his application

Joan



- Lost 19 pounds (9.5%)
- Recorded 41 trips to Lifetime
- Lowered blood sugar, cholesterol, and blood pressure
- Attended 16 uFit events (most)
- One of eight to attend every Begin class and record every meal during the Challenge

Julie



- Lost 20 pounds
- Lowered blood sugar by 5 points
- Lowered total cholesterol by 27 points
- One of eight to attend every Begin class and record every meal during the Challenge

Nanci



- Lost 25 pounds
- Lowered blood pressure
- Helped her team exceed 1,000 points
- One of eight to attend every Begin class and record every meal during the Challenge

Carilyn



- Lost 12 pounds
- Lowered total cholesterol
- Lowered blood pressure
- Recorded every meal in her food journal for 10 weeks
- Completed the uFit Challenge 5k with her family!

Sarah



- Lost 7 pounds
- Recorded 69 individual workouts (between Lifetime and at home)
- RAN the uFit Challenge 5k!
- One of eight to attend every Begin class and record every meal during the Challenge

Tiffany



- Lost 8 pounds
- Maintained a healthy cholesterol level
- Was one of eight to survive Warrior Sculpt with Lacey 😊
- Has the knowledge and support to continue a sustainable path to health

Dana



- Lost 10 pounds
- Lowered cholesterol
- Lowered blood sugar
- One of eight to attend every Begin class and record every meal during the Challenge

Heidi



- Lost 9 pounds
- Lowered blood sugar
- Maintained healthy cholesterol
- RAN the uFit Challenge 5k!

Karie



- Lost 10 pounds
- Lowered blood sugar
- Lowered cholesterol
- Lowered blood pressure
- Attended every Begin class

uFit Challenge Team Results

Final team results

Team 3	1,341 uFit Points
Team 2	1,198 uFit Points
Team 4	1,027 uFit Points
Team 5	1,024 uFit Points
Team 1	1,015 uFit Points

- Team 3 broke the record for most points scored in the uFit Challenge!

uFit Challenge Individuals

Individual efforts

<u>Workouts</u>		<u>Weight Loss</u>		<u>uFit Points</u>		<u>uFit Events</u>	
Faith	78	Faith	13%	Faith	512	Joan	16
Dennis	78	Dennis	11%	Dennis	481	Faith	14
Sarah	69	Mary	10%	Joan	481	Dennis	13
Nanci	65	Nanci	10%	Nanci	449	Julie	13
Joan	57	Joan	10%	Julie	411	Carilyn	13
Heidi	53	Kristin	8%	Carilyn	407	Nanci	12

Individual rewards

Faith

Dennis

Joan

Nanci

Julie

Carilyn

THANK YOU

**to each of you for your
contributions that made the
2015 uFit Challenge a success!**

