

Vance AFB
Soar Into Shape 2024
Saturday, January 13-Friday, February 9



Don't just get into shape this New Year; Soar Into Shape.

How it Works

1. Active duty, reservists, retirees, family members, civilian and contract employees are eligible to participate.
2. Groups of four people will make up a team.
3. The challenge is 4-weeks long beginning Saturday, Jan 13 & ending Friday, Feb 9.
4. The participants will come to the Fitness Center for an initial weigh-in on either the Bod Pod or Health Promotion scale.
5. Teams earn & track points over the course of the 4-week program.
6. Each team member may set a weight loss, maintenance or weight gain goal. Points will be awarded for favorable changes in body composition (muscle gain and/or fat loss).
7. Each team member will also earn points for healthy behaviors such as attending weekly team activities, eating fruits and veggies, exercising, getting enough sleep, being tobacco-free, and more.
8. The Fitness Center will provide classes and resources to keep you engaged and help you meet your goals.
9. The top 3 teams with the most points at the end of the competition will be recognized.

How to Start

Find a group of four people and decide on a team name. Register through the Fitness Center by filling out the attached registration form and coming to an initial weigh in Friday, Jan 12. A "Resolution Run" will be held at 7:00am on Jan.12. If you PARTICIPATE in the run and weigh in, you will be eligible for a giveaway prize. The program begins on Saturday, January 13 by tracking points.

Weigh-In Dates and Times

INITIAL WEIGH-IN Friday, January 12, 0800-1500

FINAL WEIGH-IN Friday, February 9, 0800-1500

*For most accurate results, refrain from eating, drinking or exercising 2 hours prior to weigh in.

Participants can request a body composition analysis through the **BOD POD as an option for their INITIAL and FINAL WEIGH. No additional points will be awarded. To set up a BOD POD appointment, email jennifer.bolz.ctr@us.af.mil or kellie.jensen.ctr@us.af.mil.

If you have any questions, please call Jenny at the Fitness Center at 213-6639.



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Registration

Team Name _____

Team Leader

Name _____ Age _____ T-shirt _____

Email _____ Cell Phone _____

Jan Weight _____ Jan BF% _____ BOD POD _____ In-Body _____

Feb Weight _____ Feb BF% _____ BOD POD _____ In-Body _____

Participant 2

Name _____ Age _____ T-shirt _____

Email _____ Cell Phone _____

Jan Weight _____ Jan BF% _____ BOD POD _____ In-Body _____

Feb Weight _____ Feb BF% _____ BOD POD _____ In-Body _____

Participant 3

Name _____ Age _____ T-shirt _____

Email _____ Cell Phone _____

Jan Weight _____ Jan BF% _____ BOD POD _____ In-Body _____

Feb Weight _____ Feb BF% _____ BOD POD _____ In-Body _____

Participant 4

Name _____ Age _____ T-shirt _____

Email _____ Cell Phone _____

Jan Weight _____ Jan BF% _____ BOD POD _____ In-Body _____

Feb Weight _____ Feb BF% _____ BOD POD _____ In-Body _____