



FREQUENTLY ASKED QUESTIONS

What is Shrinkdown?

Shrinkdown is a program sponsored by the Lowndes County YMCAs and Baptist Memorial Hospital – Golden Triangle. The focus of the program is to help you make changes that lead to a healthier lifestyle. Weight loss may be a benefit of incorporating physical activity and healthy eating into your lifestyle. If you follow the suggestions found in the weekly handouts and provided at our “Lunch N’ Learn” sessions, you may lose weight. By using the Shrinkdown tools, along with knowledge and support, we’ll help you work toward attaining your goals.

How can I enroll? The Shrinkdown will begin on Friday, January 8, 2010. From 10 a.m. until 7 p.m., participants will be registered, weighed by YMCA fitness instructors and receive a description of the program. Weekly weigh-ins will be held at all four YMCA branches – participants should register at the branch where they plan to weigh-in each Friday.

When is it too late to enroll in Shrinkdown?

We encourage you to enroll at any time during the 8-week program from Friday, January 8, to Friday, March 5, 2010. It is NEVER too late to start living healthy!

What do I get when I sign up?

The Shrinkdown Kickoff is Friday, January 8, from 10 a.m. to 7 p.m. We’ll offer health screenings and information to promote a healthy lifestyle. Participants will receive a binder with the first week’s handouts. At each Friday weigh-in, you will receive additional handouts that include tips on nutrition, exercise and other healthy living habits. You will also receive recipes and Lunch N’ Learn schedules.

When and where do participants weigh in?

All Lowndes County YMCA branches offer weigh-in opportunities each Friday (following initial weigh-in) during the program from 7:00 a.m. to 7 p.m. In addition to being weighed, you will receive a set of handouts and a schedule of weekly Lunch N’ Learns. YMCA locations are listed at www.columbus-ymca.com.

I missed a weigh-in. Can I call, fax or e-mail my weight?

To have your weight recorded, you must weigh in at one of our Shrinkdown locations. If you miss one week, just come in the following Friday. Don’t forget that each of the eight weigh-in opportunities allows you to enter for prize drawings.

If I miss the weigh in, how can I get the handout information?

Hand-out information will be available at the weigh-in location of any YMCA.

How do I register for prizes?

You are allowed to enter the drawing for prizes each Friday when you weigh in. We try to reward your effort, not just your results.

What are the prizes?

We will draw for YMCA memberships, gift cards and gift certificates each Monday following the previous Friday's weigh-in. A grand prize will be awarded on the Monday following the last weigh-in on March 5. Those who have weighed every week will be eligible for this grand prize drawing. There will also be a prize awarded for the most percentage of weight loss.

How can I track my progress?

Records will be kept of the weekly weigh-ins.

Do I get a free pass to work out for the 8 weeks of the program?

YMCA membership is not required to participate in the free Shrinkdown program. YMCA staff will be happy to talk to you about becoming a YMCA member to take advantage of all YMCA fitness opportunities, including water exercise, stationary bike classes, fitness classes, treadmills, weights, basketball, racquetball and MUCH MORE.

I would like to join the Y to help me reach my goals. Do I get a special rate?

The Frank Phillips YMCA will waive the joining fee for all Shrinkdown participants. This special offer runs through January 31, 2010 .