

Time Warner Cable Health and Wellness Competition 2011

Competition Rules



How the Competition Works:

- The competition will last 10 weeks (2/14/11 – 4/22/11)
- Participants – All Albany Division and Regional Employees
 - 1) Team participants (men teams and women teams), or
 - 2) Individual participants
- The cost to participate is \$25 per person. Time Warner Cable will match each \$25 submission.
- Winners will be announced the week of April 25th

Changes to the rules can be made at anytime.

Team Participants:

- Teams must have at least 5 participants per team, no more than 10, of the same gender.
- Team Captains must submit \$25 per member, team sign-up sheet and signed waiver forms to HR if you are at the Rotterdam or Albany location, or submit your \$25, team sign-up sheet and signed waiver forms to your CA if you work at a different location **by Friday, February 11th**.
- Make checks payable to Time Warner Cable or submit cash (checks are preferred).
- Team Winners – winning percentages will be determined based on the amount of teams that participate
 - 1) Highest Average Weight Loss Percentage - All Female Team
 - 2) Highest Average Weight Loss Percentage - All Male Team

Teams must be made up of all men or all women. Cannot have mixed gender teams.

Individual Participants:

- Must submit your \$25 participation fee, sign-up sheet and signed waiver form to HR if you are at the Rotterdam or Albany location, or submit your \$25 participation fee, sign-up sheet and signed waiver

form to your CA if you work at a different location **by Friday, February 11th**.

- Make checks payable to Time Warner Cable or submit cash (checks are preferred).
- Individual Winners - winning percentages will be determined based on the amount of employees who participate
 - 1) Top Female Participant with Highest Weight Loss Percentage
 - 2) Top Male Participant with the Highest Weight Loss Percentage

All participation fees and team submissions must be submitted by Friday, February 11th. TWC will match each \$25 submission. Make checks payable to Time Warner Cable or submit cash (checks are preferred).

Weigh-ins:

- First weigh-ins will be during the week of **February 7th**
- Last weigh-ins will be during the week of **April 11th**

In order to participate, all participants must weigh-in during the week of February 14th and April 22nd. The exact weigh-in schedule will be communicated the week before.

Resources:

- Lunch and Learns will be throughout the competition on Cholesterol, Exercise, Nutrition, Diet vs. Lifestyle Change, Food Shopping, Food Labels, and more!
- Weekly wellness emails
- Nutrition and exercise tips and tricks
- Wellness website

Stay tuned for information on small competitions that will be communicated throughout the program!