



# How do I participate?

## Learn to live healthier

Learn to live healthier, with appropriate diet and exercise. Read advice and recipes on our Facebook page or blog. Attend events throughout the year (we'll advertise on Facebook, our blog, and church bulletins). Consult with your doctor about diet and exercise.

Don't need to lose weight? We'd still love for you to help out, offering advice and encouragement to family members and the rest of our community. Let's all get healthier together!

## Pick an alias for reporting

Pick a unique alias to use when you report your progress. This can be anything you like, such as:

- RingtownMom75
- JSmith1234
- AvidReader123

This will help us track who's participating (don't worry, we won't publish individual data).

## Report your progress

All reporting will be total weight lost since the kickoff date of Sept. 1, 2015.

For example:

On date:	During the previous month, you lost:	You report:
Oct. 1	5 lbs.	5 lbs.
Nov. 1	3 lbs.	8 lbs. (total lost since Sept. 1)

Remember, it's always the total pounds lost since Sept. 1 (so if you lose 5 pounds in September but gain back 2 pounds the next month, simply report the net 3 pounds lost, and keep trying!)

Around the 1st of each month, you can report using any one of these methods:

- Email: ringtown1000@ringtownlutheran.org
- Facebook: Send a private message to our Facebook page
- Paper: Put your username and total weight loss on a piece of paper and insert in box at back of church, St. John's

## Any questions?

Send us an email at the address listed above, or message us on Facebook!

Join our Facebook group at:

[www.facebook.com/Ringtown1000](http://www.facebook.com/Ringtown1000)

Visit our team blog at:

[www.RingtownLutheran.org/ringtown1000](http://www.RingtownLutheran.org/ringtown1000)

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