

## **Project Get Active 2020**

2020 Project Get Active is gearing up for our new initiative beginning January 6, 2020. We are combining “Couch to 5K” with Fort Jackson Army Base’s “Biggest Loser 2020”. Those of you who have access to Ft Jackson can contact Pamela James-Long for Biggest Loser registration on base. Those without base access can participate with Brookland Foundation’s Health and Wellness Program’s “COUCH TO 5K”. The two programs will be working together to offer opportunities for all of our participants to GET ACTIVE in 2020. This free program will run January 6, 2020 to April 4, 2020 culminating with the Cooper River Bridge Run/Walk event. Working together as a group we know WE CAN DO THIS!

### Program Outline/Requirements:

1. January 6, 2020: Meet at Brookland Baptist Health and Wellness Center at 6pm. For those with base access please contact Pamela Long at [pamela.j.long19naf@mail.mil](mailto:pamela.j.long19naf@mail.mil) for time and location. Participants will be weighed; have their BMI (Body Mass Index) taken and their BF (Body Fat Percentage) given. This process should take about 5 to 7 minutes per participant. Participants must also attend the healthy eating class on this day. Information packets will be provided along with food journals.
2. Participants will weigh-in on-site the first Monday of every month from 6pm - 7pm at Brookland Health and Wellness Center.
3. Participants will weigh-in on their own and email their weight to Pam Long at [pamela.j.long19.naf@mail.mil](mailto:pamela.j.long19.naf@mail.mil) every Monday.
4. Participants will email their food journals every Wednesday. No journals will be accepted after Wednesday. You are encouraged to download the My Fitness Pal app to help track food choices to keep you on target.
5. Participants will have the opportunity to participate in 3 joint events with the Fort Jackson team:
  - The MLK Bike/Walk event on January 20, 2020. This event is held on Fort Jackson and arrangements will be made for post access for those registered that want to participate
  - The Black History Month Trail Hike on February 22, 2020 held at Sesquicentennial Park
  - The Cooper River Bridge Run/Walk on April 4, 2020 in Charleston, SC. Bus transportation will be provided. Each participant must pre-register for this event at <https://bridgerun.com>. Registration fee is \$55 till January 31, 2020 and \$60 on Feb. 1, 2020 until sold out. You are encouraged to register as soon as possible as this is a very popular event.

Participants who complete all of the group activities for the month of January (see calendar attached) will be eligible for a chance for free registration for the Cooper River Bridge Run/Walk. A maximum of 10 participants will be selected at random from those who sign in and participate at all January 2020 group activities with Brookland Foundation’s Project Get Active 2020 (Ft. Jackson Biggest Loser participants are not eligible for this prize).