

Complete Health Makeover

Application 2009

You will need to *turn in this application to the Colville Fitness Center, before July 1st 2009* in order to be accepted as an applicant of the Complete Health Makeover. Get Fit Colville's Complete Health Makeover is our attempt at significantly improving the health of a few people in our community, through intensive, direct lifestyle intervention. We will form a team of support, instruction, encouragement, and supervision, to help make your choice to improve your health a success. We will have fitness experts, nutritionists, and medical personnel working together for your benefit. We are looking for people who are at high risk for health problems due to medical concerns and lifestyle habits. We will work with your doctor to ensure that the individual program we outline for you is medically sound and safe. We will document your progress through articles and video.

Please complete the following:

Name:

Address:

E-mail:

Phone:

1. Why do you want to be involved in the Complete Health Makeover?
2. What medical concerns do you have that place you at risk for disease?
3. Are you motivated and willing to have a team of people supervise and outline your food, beverages and exercise program?
4. What time of the day are you willing to set aside for exercise and how many days a week would you be available.
5. Are you willing to have us document your progress, write articles and create a video about your story and what has worked for you?

I agree to cooperate with the program outlined by the GFC Complete Health Makeover team, and to have my story documented and told through video, radio and articles. And I also understand that if I am accepted into this program, I will no longer qualify for the year end prizes that are also a part of the Get Fit Colville weight loss challenge.

Signed: _____ Date: _____