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KEEP CALM EXERCISE ON

2016 Youngtown Meltdown Frequently Asked Questions

Q: How long is the Meltdown?

A: The Meltdown begins the week of May 2 and runs for a 16 week period. The last weigh in will be the week of August 15 with the final weigh in day on Thursday, August 18.

Q: Are there alternates for this event?

A: In the Youngstown Meltdown, there are no alternates. There are only 6 participants. If one of those participants misses more than two **consecutive** weeks in a row, they are disqualified and a ghost weight is added in place of them.

Q: How could I be disqualified from the competition?

A: A participant will be disqualified if they miss more than two **consecutive** weeks in a row. If you are disqualified, a ghost weight will be assigned in your place (130 female and 150 male). Participants, if they choose, may weigh in every other week. This is permitted, but not recommended.

Q: What do I do if I have a vacation planned?

A: We understand if you have a vacation planned. Please, just let the Cup office know **prior** to your vacation and you will be excused for that time period. If you tell us once you return, you will not be excused. If your vacation was for a two consecutive week period, you will be disqualified. Just remember to weigh in before and after you return from your vacation.

Q: Do I have to make an appointment each week for my weigh-in?

A: It all depends on the location that you are weighing in at. If you are weighing in at the Cup office, we appreciate knowing if you are coming in or not. It helps us to plan our day. We suggest making an appointment for the following week when you are weighing in.

Q: Do I have to weigh in on the same day each week?

A: No, you do not have to. For some participants, it is easier for them if they set their weigh in for the same day and time each week. This is totally up to the individual.

Q: Do I have to wear the same clothes each week for my weigh-in?

A: Participants are not required to wear the exact same clothes each week for weigh ins. We do recommend wearing similar clothing each week though. Different types of material and clothing do make a difference on the scale. It is only to your benefit to wear similar clothing from week to week.

Q: When does the temporary membership begin and how do I get it?

A: The temporary membership begins on June 1, 2016, and is valid thru September 10. In order to receive your temporary Y-Pass to the Central Y during the duration of the Cup season, beginning on June 1st, you must bring the following with you to the front desk when coming on your first visit: (1) paycheck stub or some type of proof of employment and (2) drivers license. Spouses who are participating must come together on their first visit. Participants will be issued only one Y-Pass. If you lose the Y-Pass, a fee will be charged to get a replacement.

Q: What is included with my temporary membership?

A: The temporary membership includes access to the downtown Central Y and all of its amenities. You may use the facility and attend any of the classes offered at any time that it is open. As a participant of the Community Cup, if the Y is open, you may use it. Please see the Y's website, www.youngstownymca.org, for a list of facility hours and classes offered. **PLEASE NOTE:** Your membership is not valid at the Davis (Boardman) Y. You may weigh-in there, but not have a temporary membership there.

Q: What is a Bonus Card and how does it work?

A: The bonus card is optional for all Meltdown participants. Participants may choose to fill one out or not. The bonus card has 16 blank boxes. If you attend any fitness class offered at the Y, have your instructor sign and date one box per class. When you fill in all of the boxes on the card, return it to the Cup office, and then get another if you wish to fill out and complete another. Only fully filled out and signed cards will be accepted. A completed bonus card will earn one pound off of your team's final weight. Each Meltdown team has the potential to lose a minimum 6 more pounds at the end of the competition if everyone on the team fills out one Bonus Card.

Q: Where are the other weigh-in locations?

A: There are six other weigh in locations other than the Cup office. They include: the Davis Family Y, St. Joe's at the Eastwood Mall, the Trumbull County WIC Building, Saint Elizabeth Emergency & Diagnostic Center, the SEHC Surgical Weight Loss Center and Meridian HealthCare. Please see the flyer on the additional weigh-in locations for further information on each of these locations.

Q: When will Meltdown standings be posted?

A: We will not post any weekly standings until after week #4 of the competition. These standings will be posted outside the Cup office, on the YMCA website and on the Cup's Facebook page.

Q: How is the winning team determined?

A: The winning team is determined by the greatest percentage of weight loss. The winning team will be announced at the Awards Ceremony in Mill Creek Park on September 10.



**Youngstown Area
Community Cup**