



Whole Health Challenge

Heikkinen Chiropractic & Acupuncture Center



Purpose Statement

The Purpose of the Whole Health Challenge is to educate and empower members of the local community about the real possibilities of taking control of their lives in the areas of weight loss and improved fitness. So many people in our community suffer from obesity, fatigue, and inactivity because of a passive lifestyle and poor eating habits. Not only does this affect the quality of their lives today; they will pay the price later down the road with increased risk of disease, higher healthcare costs, and a future of continuing to feel less than great.

The Whole Health Challenge makes a game out of weight loss and exercise. By providing all the tools, including diets, eating rules, aerobic exercise guidelines, acupuncture for weight loss and motivational support, our office will be the foundation for each competitor's efforts.

Evaluation Format

Participants will be graded on these areas:

1. Greatest percentage weight loss- "Grand Prize" award.
2. Overall weight loss-"Runner Up" award.
3. Number of inches lost-"Wardrobe Update" award.
4. Greatest % change in blood pressure-"Best Stressed" award.
5. Greatest % change in heart rate-"Healthy Heart" award.

Prize Awards

The Heikkinen Chiropractic Staff will perform all evaluations and prize determinations.

The prize awards will be based on the number of total participants in the program. The more people involved, the more desirable the grand prize and consolation prizes will be. Please watch for "PRIZE POSTINGS" in our office.



Rules of the Game

1. Each participant will be examined in our office, to make sure they do not have any health conditions that would prevent them from participating in the challenge. Minimum age limit is 12 years of age.
2. Participants will be supplied with a **NO WHITE DIET** (restricting simple carbohydrates) allowing them about 1250 calories per day. The diet is very concise concerning what can and cannot be eaten. In addition, guidelines and **DIETING TIPS** will be distributed.
3. Each participant will come to our office for two times per week for the first two weeks for blood pressure (B/P), Heart rate (HR), weigh-ins, measurements, and auriculotherapy acupuncture treatments. We will use small metal pellets taped to the ear points, so that between visits participants can push on the pellets, stimulating the points any time they feel a craving. After the first two weeks until the end of the contest, the participants will be required to come in one time per week for B/P, HR, weigh-ins, measurements, and acupuncture. There will be a total of twelve visits in our office over the eight-week period. Final weigh-in evaluation will be performed prior to or on the last day of the contest.
4. Each participant will be supplied with information on determining their maximum heart rate, and an aerobic fitness schedule. In the first week of exercise, all participants will be restricted to 50-70 % of their max HR. During the following week, exercise heart rate will be increased above 50-70 % of max HR. The participants are recommended to continue in this fat burning level, but they can exceed the 70 % if they feel comfortable doing so and have no symptoms.
5. Nutritional supplementation will be allowed, if provided by our office, but **no weight loss or fat-burning products will be allowed.**
6. **Unnatural ways of losing weight, including medication-induced or physical purging will not be tolerated. This program is based upon natural methods of improving fitness and weight loss...therefore unnatural methods would disqualify the participant, with a no refund policy.**
7. Any participant that feels any abnormal symptoms from this program needs to immediately notify our office, and their primary care physician.
8. Participants are urged to attend all eight of the Tuesday night EDUCATIONAL PROGRAMS, at our office. These weekly mini-seminars are presented at 6:15 PM until 7:00 PM.
9. Each person will sign an agreement stating that they understand the rules of the game and will abide by them.
10. Each person is urged to bring a partner into the program, or find someone in the program to partner with for diet and exercise support.

The essence of this program is to explore the possibilities of really taking control of your life...So HAVE FUN and do something great for yourself!