



Frequently Asked Questions

What is Shape Up & Go!

Shape Up & Go is 12-week team-based exercise, pedometer steps, and/or weight loss challenge available to all Cleveland Clinic employees and sponsored by Employee Wellness. Features include finding other colleagues with similar sports/activity interests and plan sharing.

How is this program different from the last Shape Up & Go?

This challenge is twelve weeks long and includes the Hydration and Fruit & Veggie tracker, which makes it easy for you to choose healthy options every day.

When will the new session take place?

Registration begins on May 3rd and the last day to sign up is May 14th . The competition begins on Monday, May 24th and ends on August 15th .

What is the cost?

The cost to participate in the program is just \$10 (paid via credit card or one-time payroll deduction). First time participants also receive a FREE Omron Pedometer, valued at \$15, paid for by the Clinic.

Returning participants can select either a Shape Up and Go! t-shirt or the option of participating in Go! Foods for You – an expert-guided online program designed to help you eat right. The program consists of eight weekly lessons that will teach you everything you need to know to eat and live well. Each lesson is made up of

seven topics — one for each day of the week. Every lesson focuses on a different aspect of the Mediterranean diet (i.e. fruits & vegetables, protein, desserts, etc.). Each week you will also have the opportunity to schedule customizable activities that will help you apply the information you learn in the lessons and take the small steps you need to reach your goal.

What if I already have a pedometer? Do I still have to pay?

If you already have a pedometer, you are welcome to keep using it! The Cleveland Clinic is providing all employees with three options for Shape Up & GO! (1) A new Omron pedometer, (2) Shape Up & Go! T-shirt or (3) Go! Foods for You

If the pedometer or other option are free, what does my \$10 registration fee cover?

The cost includes access to the robust online tracking tools, weekly newsletters to keep you motivated, a printed logbook, a strap to prevent pedometers from falling off of your clothes and to cover the shipping cost of sending the welcome package directly to you. The registration fee also helps to cover program administrative costs.

How do I sign up?

If you already have a username and password, simply log in and follow the instructions. If you're new to the program, visit www.shapeupandgo.org, click Sign Up, and follow the instructions for new members. Contact the Shape Up & Go! customer service line to register over the phone at 877.881.0085. Hours are Monday through Friday 8:00AM - 8:00PM EST. Messages will be returned within 24 hours or the next business day.

What do I get when I register?

Your registration includes: 1) Free Omron HJ-150 digital pedometer or other option; 2) printed competition logbook; 3) access to the website; and 4) weekly health information. Go! Foods for You participants will receive a special email containing the login information for the 8 week challenge

When and how will the pedometers arrive?

Pedometers will be shipped to your home address after you register. If you lose or break your pedometer, it will be your personal responsibility to replace it. The Omron HJ-150 can be found online or in many local stores and retails for upwards of \$15.

What are the competition divisions?

There are three divisions and one activity in this competition: weight loss, exercise hours, and pedometer steps represent the competition portion. Each participant can select to participate in 1, 2, or all 3 divisions. Our new Fruit & Veggie tracker will help you keep an accurate record of your daily intake of fruits and vegetables. Our goal is for each adult to be consuming at least five cup portions of fruits & veggies each day. We also are tracking daily hydration. The average adult should be striving for at least 8/8oz glasses daily.

How Many Fruits & Veggies a day count toward my goal?

The amount of fruits and veggies that you need to eat depends on your age, gender and how much physical activity you get each day. A typical adult should aim for 2 cups of fruit and 2 ½ cups of vegetables every day.

Does my entire team need to compete in all the same divisions?

If at least 5 people on a team choose to participate in a particular division, that team will be included in the team standings for that division. If fewer than 5 people choose a division, the team will not be included in the team standings; however each team member can still track personal progress in that division. For example, if 5 people on your team choose pedometer steps, then your team will qualify for the pedometer steps team standings. If only 4 people on your team choose exercise hours, then your team will not be included in the exercise hours team standings.

What are the responsibilities of the Team Captain?

Being a Team Captain is easier than you think! The captain's chief responsibility is to recruit the team (at least 5 members). Once the competition begins, the captain can also help motivate team members and ensure that they report results on time.

How many people can be on my team?

You can have 5-11 people per team, including the Team Captain. The total number of people on each team cannot exceed 11.

What if I don't have 4 others who want to compete in the same categories as I do?

You can find other teams to join on the Team Forum at the Shape Up & Go! website: www.shapeupandgo.org OR you may join as an individual or form a group of fewer than 5 people.