



## What is Shape Up?

Shape Up is an eight-week weight management program that provides accountability and tools to help you lose weight and create healthy habits that stick.

## Is this program right for me?

- Are you a GatorCare member?
- Do you struggle to lose weight and keep it off?
- Have you tried to eat healthy or exercise regularly in the past but struggled to stick with it over time?
- Are you ready to develop healthy habits that will last a lifetime?

## What makes Shape Up unique?

Shape Up harnesses the power of accountability along with interactive skill building to help participants manage their weight and develop sustainable healthy habits.

### **Accountability:**

Each participant must invest in his or her health by “paying” \$100 to join the Shape Up program. Participants will have the opportunity to earn back every penny of their investment by successfully reaching their individual weight loss goals. Reach your goals and get your money back in full!

### **Interactive Skill Building:**

Activities will be offered throughout the program to help participants develop healthy habits, including educational presentations, cooking demonstrations, grocery store tours, group workouts and more.

## What are the program requirements?

### **1. Deposit \$100 at the start of the program.**

Every two weeks, participants will have the opportunity to earn back a portion of their \$100 (\$25) by meeting their biweekly weight goal. Meet all of your goals, earn back all of your money.

### **2. Weigh in every two weeks on the GatorCare scale.**

Participants can weigh in before an educational class or at the GatorCare office in the 1329 Building.

### **3. Attend three required core classes.**



## What else is included in the program?

Your three required core classes include:

- Shape Up 101
- Foundations of Nutrition
- Shape Up Wrap Up

Interactive skill building activities will be offered throughout the program. These are optional, but will help ensure your success in developing healthy behaviors and meeting your weight loss goals.

**Nutrition Classes:** Mindful Eating, All About Carbs, Turn the Pressure Down: Fuel Your Heart, Body and Mind

**Cooking Mixers:** Build a Bowl, Lettuce Do Dinner, Healthy Desserts, Save Money with Meal Prep

**Interactive Tours:** Grocery Store Tour, Gym Tour

**Other:** Small Group Fitness Class, Zumba, Nutrition Counseling, Facebook Group

View the [Shape Up calendar](#) for the full program schedule.

View the [GatorCare calendar](#) for the full group fitness class schedule.



## The Fine Print

### **My spouse would like to participate too. Is he or she eligible?**

All GatorCare members including the subscriber, spouse and covered dependent over the age of 18 can participate in this program. Shape Up is not open to non-GatorCare members at this time.

### **How do I deposit my \$100?**

Participants will bring a check to the first core class, Shape Up 101. Checks should be in the amount of \$100.00 and must be made out to GatorCare Health Management Corp. Cash will not be accepted.

### **How do I get my money back?**

Participants will have the opportunity to earn a portion of their \$100 back at each of their biweekly weigh-ins. Participants who reach their biweekly weight goal will earn \$25 back. Meet all four of your weight goals throughout the program to earn all of your money back. Participants who do not reach their biweekly weight goal will forfeit their \$25 for that weigh-in.

A \$25 voucher will be given to each participant who meets their biweekly weight goal. These vouchers are simply placeholders and have no monetary value. Participants will receive a check at the end of the program totaling the amount of money they earned back.

### **What happens to my money if I don't meet my goals?**

The money collected from participants who do not reach their weight goals will be donated to UF's food pantry, the Alan and Cathy Hitchcock Pantry, at the end of the program.

### **How will my weight goals be determined?**

Participants will complete an initial weigh-in at the beginning of the program. Biweekly weight loss goals will be individually determined using an evidence-based formula and your current body weight. All weight loss goals will be safe, achievable and sustainable.

### **When will I weigh in?**

Participants can weigh in before an educational class or at the GatorCare office in the 1329 Building. Participants may come to the GatorCare office to weigh in **by appointment** on Monday through Thursday, or **anytime** on Fridays during open office hours (9 a.m. to 4 p.m.).

**For additional questions, please contact the Program Coordinator Mallory Rubek at  
rubekm@shands.ufl.edu.**