The What:

Join us for an exciting and life-changing fitness challenge complete with motivated coaching, nutrition experts, personal trainers and plenty of educational materials to help you form lifelong healthy habits. Your team of three (3) will compete with and against fellow educators within your district.

The workouts ($400 value) are provided at no cost to the selected participants. Participants are required to wear active fitness clothing and to bring a workout mat. Participants will be invited to nutrition seminars and provided confidential nutrition consultations, provided by the University’s RebelWell Registered Dietitian ($425 value). In addition, participants are eligible for a DEXA (dual-energy X-ray absorptiometry) scan. This scan provides one of the most highly accurate measurements of body composition available, registering fat and lean mass distribution throughout the entire body. In simple terms, it is capable of detailing overall, as well as regional, fat mass, lean mass, and bone mass ($350 value).

BONUS a Saturday class will be available for you, your family and other community members each week to round out your workouts.

You will be able to track your journey with recorded measurements, before and after results, and nutrition & exercise logs.

An accountability group via Facebook and the encouragement you will need to make this a wellness experience of a lifetime.

An optional, heavily discounted gym membership ($25/month) for use during the challenge is also available if you choose to include it.

Finally, a fun and festive event will be held for all participants at the end of the challenge to celebrate your success, provide awards to the participants and reward you for your hard work.

This is an opportunity of a lifetime designed especially for and only offered to our local public school educators.
The Who:

Teachers, administrators or staff members at any Lafayette County School or Oxford School District school is eligible to apply. Three (3) participants from each of the following schools will be chosen to participate:

- Lafayette Elementary
- Lafayette Upper Elementary
- Lafayette Middle
- Lafayette High
- Bramlett Elementary
- Oxford Elementary
- Della Davidson Elementary
- Oxford Intermediate
- Oxford Middle
- Oxford High
- Scott Center

The three individuals selected from each school will form a team. Teams will be participating against other teams within their district. One team from each district will be recognized at the end of the challenge.

The When:

The 8-week program is scheduled for March 21-May 12, 2016. Workouts will take place Mondays thru Thursdays at 4:45 PM at the Tad Smith Coliseum.

RebelWell’s Registered Dietitian will schedule appointments with all participants individually at the beginning of the challenge and provide consults throughout the duration of the 8-week challenge!

The How:

To apply for a spot in the free of charge challenge, complete the attached Par-Q and application, including an essay confirming you are ready for the challenge. Everyone has a readiness story and we want to hear yours. Don’t forget to include your goals and past barriers. Your essay will not be published and is only for the purpose of selecting the participants for the program.

Are You Ready?

If yes, complete the attached par-q and application and return via email to Wendy Carmean, wendy@olemiss.edu by Friday, March 4th, 2016.

If you have any questions, please contact RebelWell:
Wendy Carmean | 125 Old Athletics Building | 662-915-2734 | wendy@olemiss.edu