



Seasonal Weight Loss Challenge



Flyer

The **Seasonal Weight Loss Challenge** is an 8-week weight loss/maintenance program that will help rejuvenate your motivation to practice healthy behaviors to support your weight loss and maintenance goals. You may participate in this challenge individually but should participate with other employees for additional motivation and encouragement.

By completing the Challenge you will:

- Learn useful tips on how to eat healthy, exercise and set realistic goals.
- Be entered into a drawing for a **\$100 Corporate Rewards gift card**.
- Receive an additional **surprise incentive** based on your total points earned by participating in the Weekly Exercise Challenges.
- Earn **Healthy Lifestyle Activity Points (HLAPs)** based on your weight loss success.

CHALLENGE GUIDELINES	HLAPs
Maintain within 2lbs of initial weight	20
Lose between 2% - 4.9% of initial weight	25
Lose 5% or greater of initial weight	30

Please Register to begin your 8-week challenge to better health.

Once registered, you may begin at any time.

Please visit the Seasonal Weight Loss Challenge website to begin.

Contact Employee Wellness at 724-8114 if you have any questions.

WIN A \$100 CORPORATE REWARD GIFT CARD

You can start and complete the challenge at any time during the season. You will be entered into a drawing for a \$100 Corporate Rewards gift card for the season in which you completed the challenge.

Spring Challenge: March – May

Summer Challenge: June – August

Fall Challenge: September – November

Winter Challenge: December - February