

FIT & LEAN TEAM CHALLENGE



WATCH YOUR WEIGHT



9-week, online team fitness and weight management challenge that will help employees rejuvenate their motivation to practice healthy behaviors to support their weight loss and maintenance goals.

ARE YOU READY FOR THE NEW SUMMER CHALLENGE?

- Pick a team of up to 4, a team captain and team name
- Individual challenge option available
- Register and participate online
- Weigh in at an onsite event or at home
- Log your weekly minutes of exercise and complete weekly fitness challenges
- Earn points for prizes*
- Grand prizes for top teams & individuals*
- Earn up to 30 HLAPs



visit the [Fit & Lean Team Challenge](#) webpage for all info and to get started

Register Online** & Weigh In
JUNE 25 – 30
Challenge Begins
JULY 1

wellness@pima.gov (520) 724-2792 www.pima.gov/bewell

* All prizes valued at \$20 or more and all gift cards of any value are subject to taxation.

**Contact Employee Wellness if you are unable to access the internet to register or use the online tracking system.