



Seasonal Weight Loss Challenge



WELCOME PACKET

CHALLENGE OVERVIEW

The **Seasonal Weight Loss Challenge** is an 8-week weight management challenge 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:

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

Once you complete the challenge, you will be required to submit a **Certificate of Completion** to Employee Wellness within 30 days of your weigh-out. You will be awarded Healthy Lifestyle Activity Points based on the percentage of weight loss. You may maintain your current weight if it is within a Healthy Body Mass Index. There is a two pound advantage to account for any normal weight fluctuations.

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

A drawing for a **\$100 Corporate Rewards** gift card will be held at the beginning of each new season. You will be entered into the drawing based on the season in which you completed the challenge.

CHALLENGE GUIDELINES

Completion of this program is determined by your total percent of weight loss. This is a fairer comparison than total pounds lost since heavier persons can safely lose weight more rapidly. A healthy rate of weight loss is one percent of beginning weight per week. So, a person weighing 280 pounds can lose 2-3 pounds per week while a person weighing 180 pounds would be expected to lose no more than 1-2 pounds per week.



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% of weight loss calculation:

1. beginning weight – ending weight = pounds lost
2. (pounds lost ÷ beginning weight) x 100 = percent weight lost

Weight loss should be the result of healthier eating and exercise habits. All participants are on the honor system and should participate in a healthy and fair manner.

Prohibited:

- Diet pills (herbal or prescription appetite suppressants, metabolism enhancers, etc.)
- Water pills (diuretics) unless prescribed for a medical condition such as high blood pressure
- Laxatives and colonics

To participate in this challenge you will need:

- a scale
- measuring tape – ([printable pdf](#))
- Know Your Numbers – Progress Tracker

Scales will be provided by Employee Wellness to teams upon request. Please review the program materials before you begin week 1. Beginning on week 1, you will weigh in, record your weight, take body measurements, record your short-term weight goal and start tracking your progress. Weekly tips will be available online to view as well as a weekly three to five minute physical activity challenge. (Don't worry, there's no need to bring workout clothes and shoes!)

It's highly recommended you meet with a Health Coach before you begin this challenge. A Health Coach can help you create short term goals and support you throughout the challenge. You can [schedule an appointment online](#) or contact the Wellness Council of Arizona (WELCOAZ) at (520) 293-3369. Appointments are 25 minutes in length and are entirely confidential.

Even if you choose not to utilize a health coach, we encourage you to engage your participating co-workers and work together towards your goals. A support system at work can be a helpful way to stay on track. You may want to meet once a week for a walk or healthy lunch to discuss ideas and challenges, and motivate each other through more challenging weeks.

Good Luck!