



WEIGHT LOSS & FITNESS CHALLENGE

Content Areas: Health Care, Nutrition, Movement

Duration: 12 Weeks

Description: Get to ready to join what's sure to become the year's most highly anticipated event! This activity is perfect for those looking to step up their health and fitness game through support, accountability, structure and ... awards for achievement! Plus, you will receive coaching and support written to help you achieve results and to establish life-long healthy habits. Register in one of these two categories:

- **Weight Loss:** You will use a tracking worksheet to record (self-reported) weight loss on a weekly basis. Your Wellness Specialist will use this data to report the percentage of weight you lose over the course of the challenge. Please record your weight in pounds. Although only reported in percentage lost, your results may remain anonymous if that is your preference.
- **Fitness:** If you are interested in tracking the amount of physical activity you perform, enroll in the fitness category. Upon providing updates on a physical activity tracking worksheet, your Wellness Specialist will track how much physical activity you accumulate throughout the 12-week challenge. Please record your physical activity in minutes.

Overview:

- Week 1 – Declare & Share
- Week 2 – Prepare
- Week 3 – Connect
- Week 4 – Explore
- Week 5 – Nourish
- Week 6 – Restore
- Week 7 – CrEATe
- Week 8 – Motivate
- Week 9 – Notice
- Week 10 – Sustain

Key Components:

- Reporting – Aggregate participation reporting and mid-challenge standings report
- Resources – Weekly, themed encouragement email with electronic curriculum/handouts; participant tracking tools
- Rewards – Victory prizes for the top three participants in each walking category (based on metrics provided)
- Support – Unlimited access to Wellness Specialist; weekly 45-minute onsite or virtual group meeting (optional)

Investment: Starting from \$3,400