

Are Your Holiday Goodies Overstaying Their Welcome?



Grab some co-workers and join

The Great Weight Loss Challenge

Here's how it works:

1. Form a team of 4 employees.
2. Call x23422 or x23480 to schedule your initial team weigh-in for Monday, January 7th between 7:30 a.m. and 5:30 p.m.
3. Rally your team and *start losing!*
4. Return for team weigh-ins on January 31st, February 29th, and the final weigh-in on March 31st.
5. **The team with the greatest percent weight loss will win \$500!**

All weight records (individual and team) are strictly confidential; each team's **percent change** will be the only published information.

The Fitness Center will provide *optional* exercise and nutrition instruction for interested participants.