



## *Move It 2 Lose It-2014*

### *Getting started*

You're here! That's a great start! This 8-week challenge is designed to inspire you to begin your journey of a lifetime of healthy eating and fitness. It won't be easy; you'll have your slips, trips and falls. But you'll have your co-workers to pick you up and support you along the way.

### *8 weeks of lifestyle changes*

Take a look at the materials in your participant packet. They will help you and greatly increase your success rate for this challenge as well as your future health.

We have big plans over the next 8-weeks and want to do whatever we can to help you with the goals you set. Fad diets, weight-loss programs or Dr. Oz's latest miracle supplement promise quick and easy weight loss. However, the foundation of every successful weight-loss program remains a healthy, calorie-controlled diet combined with exercise. For successful, long-term weight loss, you must make permanent changes in your lifestyle and health habits.

### *Get by with a little help from your friends*

\*In your packet you will find over 20 Smart Phone applications and websites to help you track your calories, record your exercise and even plan your healthful meals and snacks.

\*We have teamed up with many of our local fitness centers for discounts specifically for YOU!

\*We've invited guest speakers to talk on exercise, diet and making behavioral changes.

\*Fitness classes will be offered to motivate and energize!

\*Bi-Weekly drawings will be held, along with e-mails chock full of ideas and support.

These activities offer you an opportunity to connect with others taking the challenge and get you moving toward healthy lifestyle behaviors.

### *Wrap it up*

At the end of week 8, you will have your final weigh in. The female and male with the highest percent of weight loss will receive \$200, and the second highest percent of weight loss female and male will receive \$100. All other participants completing the challenge will be entered into our raffle for more prizes at our Close-Out luncheon!

### *Changing your life*

Remember, you are all winners as you transform your health, fitness and lifestyle!

If you should have any questions, please contact one of your Wellness Committee Members or Morgan Maynard-Dixon at 447-8333.