



Start Recruiting Your Teammates



“Rewire Your Health”

IBEW 617 Team Weight Loss Challenge Is Back!

August 17th – October 26th

Rewire Your Health is a ten-week weight loss challenge designed to help members lose or maintain their weight. Our goal is to challenge our members to meet their weight loss goals through access to educational resources and support from their fellow cohorts. This is a fun and engaging program that creates a teamwork approach among your peers.



How do I participate?

- Members, Spouses and Retirees form **TEAMS OF FOUR** and weigh-in on an oversized scale as a group for a team weight.
- Participants must attend two weigh-ins together (initial and final), to participate and qualify for prizes.
- Each week participants will receive an educational email full of information to help you achieve your goals!
- All teams who lose or maintain their weight will have their names entered in a drawing for a team prize. There will be three winners at \$200 (\$50/person).

Cash prizes will be awarded to the top 3 teams with the greatest percentage of weight lost!

First Place - \$800 per team (\$200/person)

Second Place - \$600 per team (\$150/person)

Third Place - \$400 per team (\$100/person)

Team Weigh-in Dates:

Initial Weigh-in (must attend one of these dates)

- August 17 (Annual IBEW Picnic)
- August 19 or 20 (Union Hall 4-5 pm)

Final Weigh-in (must attend one of these dates)

- October 28, 29 or 30 (Union Hall 4-5)



All participants receive a FREE Wellness Program shirt!

For more information please contact Denise Brown at denise.brown@baysport.com or 408-395-7300 X 1014