

HEALTHY LIFESTYLE CHALLENGE 2020

We are excited to announce our “Healthy Lifestyle Challenge” for 2020. This program focuses on incorporating changes which promote long term weight loss and a healthier lifestyle. This longer challenge is designed for individuals interested in taking steps towards achieving and maintaining a healthy weight and improving their overall health long term. This is a great opportunity to get healthy and win some money!



What the Program Includes:

- The program includes 16 weeks of curriculum sent through emails or text messages focusing on making lifestyle changes, which support participants in staying active, eating right, losing weight and keeping it off.
- Members who prefer a shorter challenge or miss the start date have the option of joining during Week 9.
- Upon completion of the challenge, members will continue receiving support with monthly emails focusing on maintaining weight loss and leading a healthy lifestyle.
- Participants will have the option of working with a personal Health Coach and/or Dietitian for additional support.

How It Works:

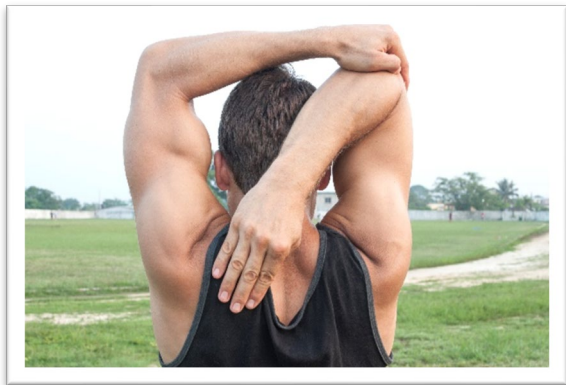
- **Mandatory- *Initial weigh-ins will be:***
 - Saturday, February 1st – Union Hall from 10 am to 12 pm
 - Tuesday, February 4th – Union Hall from 4 -6 pm
 - Saturday, February 8th- Union Hall from 12 – 2 pm
- **Mandatory -*Weigh-ins for members participating in the shorter challenge:***
 - Tuesday, April 7th – Union Hall from 4 - 6 pm
 - Saturday, April 11th -Union Hall from 10 am – 2 pm
- **Mandatory- *Final weigh-in will be:***
 - Tuesday, June 2nd -Union Hall from 4 - 6 pm
 - Saturday, June 6th- Union Hall from 10 am – 1 pm

A BaySport scale will be available at the Union Hall. Participants have the option of stopping by and having their weight recorded by an IBEW 617 staff member.

Activities & Prize Money:

To keep participants engaged in the challenge, every 2 weeks, participants have the option of submitting **ONE** of the following:

1. Sending in a photo standing on a scale showing their weight
OR
2. Sending in a photo of their food journal
(Must record at least 14 individual meals over the two weeks)
OR
3. Sending in a photo of their exercise journal
(Must record at least 150 minutes of exercise per week for a total of 300 minutes over the two weeks)
OR
4. Completing a consultation with a BaySport Health Coach or Dietitian



Each participant who submits one of the above-mentioned items will be entered into a pool for cash prizes. Entries into the pool are based on participation. A BaySport scale will be available at the Union Hall. Participants have the option of stopping by and having their weight recorded by an IBEW 617 staff member. **Every two weeks, there will be a pot of \$500, which will be split among the participants who send in ONE of the following: scale photo, food journal photo, exercise journal photo, or complete a session with a BaySport Health Coach or Dietitian.**

- All participants must weigh back in on **June 2 or 6** at the hall. **A cash prize of \$100 will be awarded to ALL participants who have lost weight at the end of the challenge.**
- The program will then shift into maintenance, focusing on keeping the weight off long term. Participants who continue to send monthly weigh-in photos and keep the weight off will continue to win cash prizes. **Participants who maintain their weight will win \$50 a month and participants who continue to lose weight will win \$100 a month.**
- Monthly maintenance weigh-ins will continue through the end of the calendar year.

For more information contact Denise Brown at denise.brown@baysport.com