

## Smartest Loser Challenge



*It's a 10 week program that motivates you to lose weight and then rewards your success with cash prizes. Based on employee interest and the popular reality TV show, "The Biggest Loser," the Employee Wellness Program and the Cleveland Clinic Expert Committee on Weight Management developed this program to promote safe, sensible and permanent weight loss. The challenge includes regular weigh-ins, inspirational tips, wellness opportunities*

*—and, of course, **PRIZE MONEY!***

**Sign up and weigh-in on the following dates:**

**February 22<sup>nd</sup> & 23<sup>rd</sup> - first sign up and weigh-in**  
**March 29<sup>th</sup> & 30<sup>th</sup> - mandatory mid weigh-in**  
**April 26<sup>th</sup> & 27<sup>th</sup> - final weigh-in**

- To sign up, please bring \$10 (cash only) to Human Resources and weigh in at Corporate Health (3<sup>rd</sup> floor). Hours are: 7:30 – 4:00.
- Lose at least 10 pounds and no more than 10% of your body weight from your official starting weigh-in to win prize money. The more employees that participate, the more money you can win.
- The prize money will be split with all participants reaching their weight loss goal.

*If you have any questions, please call Dana (HR x68767) or Sharon (Wellness Chair x68673).*

**Euclid Hospital Employee Wellness Committee**