

Smartest Loser / “Keep it off” Challenge



*Based on employee interest, we are continuing our smartest loser challenge with a few twists. We are making it a **12** week program that motivates you to lose weight or keep off the weight that you have recently lost. We are promoting safe, sensible and permanent weight loss. This program will coincide with the Shape Up & Go Program so you can make it easier to keep track of your weight loss and activity level.*

Sign up and weigh-in on the following dates:

May 24th, 25th & 26th - first sign up and weigh-in

-Blood Pressure and Waist Measurement optional

July 6th, 7th & 8th - mandatory mid weigh-in

August 16th, 17th & 18th - final weigh-in

NEW PARTICIPANTS	RETURNING PARTICIPANTS
Please bring \$10 (cash only) to Human Resources and weigh in at Corporate Health (3 rd floor). Hours are: 7:30 – 4:00.	Please bring \$10 (cash only) to Human Resources. Hours are: 7:30 – 4:00. No need to weigh in again, we will use your final weigh in.
Lose at least 10 pounds and no more than 10% of your body weight.	Maintain your weight from final weigh in if you lost 10+ pounds, or achieve the overall weight loss goal of 10 pounds from your original February weigh in.
The prize money will be split with all participants reaching their weight loss goal.	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