FIT, FUN AND FAB FOR THE SUMMER
HEALTHY WEIGHT & NUTRITION
CHALLENGE

WONDERING WHAT A 8-WEEK WEIGHT LOSS
CHALLENGE HAS IN STORE FOR YOU?

WHO? Team Department (or Individual) Weight Loss
Challenge is designed for people interested in losing weight.
The emphasis is on taking action to achieve a healthy weight.

WHAT? In this Challenge, participants will track their weight
weekly & what they eat as they attempt to lose weight. It will
include a weigh-in at the beginning and weigh-out at end of
the challenge. It provides email weekly healthy tips, health and
wellness information and links to videos to help you lose
weight.

WHEN? MAY 7 - JUNE 30, 2015

WHY? Obesity is unhealthy as it puts more strain on your
heart and can raise blood pressure and blood cholesterol,
often leading to diabetes. A team-based weight loss challenge
(%) of body fat loss) can help individuals achieve optimal
health and improve healthy living.

WHAT DO YOU NEED TO KNOW?
➢ Winning Criteria: Greatest % of total body fat loss
➢ Prizes: Individual and a team prizes are awarded by
Sutter Health

➢ Weight-Ins/Out: Wear similar clothing at both events.

➢ Award Celebration: Prizes will be awarded week of June 29th.

Sutter Health will provide weekly health tips, information and
resources to help you achieve your healthy body weight!

SIGN UP / QUESTIONS: Contact District Benefits Office
(510) 466-7229 or healthycommunity@peralta.edu