FIT, FUN AND FAB FOR THE SUMMER
HEALTHY WEIGHT CHALLENGE

DON'T MISS THE LAUNCH OF OUR 6-WEEK WEIGHT LOSS CHALLENGE BY SUTTER HEALTH!
MUST HAVE 20 PARTICIPANTS

Weigh-in Sessions by Sutter Health
May 5 (11:00am - 1:00pm - District Atrium)
May 8 (9:00am - 10:00am – TBD
(Subject to campus interest)

For more information:
http://web.peralta.edu/benefits/health-wellness/

Everyone who completes the challenge who either maintains their weight or loses weight has an opportunity to win a prize. Prizes will be awarded by Sutter Health.

TOP WINNER WINS A FITBIT!

Fitbit - a wireless fitness tracker that tracks daily activity, including steps, distance and calories burned. ($60 value)

Questions: Contact the District Benefits Office
Phone: (510) 466-7229 or healthycommunity@peralta.edu
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WONDERING WHAT A 6-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 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 weekly healthy tips, health and wellness information and links to videos to help you lose weight.

WHEN? MAY 12 - JUNE 30, 2014

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 30th.

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