



Lose Weight in 8 Challenge – Read all about it

What is the Lose Weight in 8 Challenge?

Lose Weight in 8 is a fun eight-week, team-based challenge. The goal is to lose one pound a week. The team who loses the most pounds – on average – wins. Enjoy some friendly competition with fellow coworkers. And lose eight pounds in eight weeks while you're at it.

When does the challenge start?

The eight-week challenge starts March 23 and goes through May 17.

Do I have to participate?

You don't have to participate, but we sure hope you will. It's a fun, healthy challenge with fellow coworkers. Enjoy team spirit and support. Get ready to lose weight and feel great.

How do I earn a prize?

It's simple. Log on and track your weight each week using the *Track my weight* log. Track it weekly for eight weeks and earn the chance at a number of valuable gift cards from local retailers. The male and female who lose the most will each win a \$100.00 gift card. Get ready to have fun, lose some and feel great. That's it!

The winning team who tracks the most pounds lost – on average – wins the all-important BRAGGING RIGHTS!

When can I sign up?

Get ready to sign up for the challenge starting March 16.

