

Hold the Stuffing Employee Wellness Challenge



Participants weigh in before Thanksgiving, at least one weigh in between Thanksgiving and winter break, and once after New Year's. If participant does not gain more than two pounds from the initial and final weigh-ins, he/she will be entered into a drawing for one of five \$25 bod bucks prizes.

This is a 6 week challenge running Friday, November 21st, 2014 - Thursday, January 8th, 2015. Each week a \$10 bod buck drawing will be held for those who weighed in!

All weights are confidential. Weigh-ins will be held on various days and times every week, special appointments may be made if necessary. Participants will also receive weekly emails with tips on how to avoid weight gain over the holidays.

Weigh-in at the SRWC Wellness Suite! Stop by the front desk and ask for Coletta.

Week 1: November 21st – November 28th

Weigh-In Times

Friday, Nov. 21st 7:45am-8:00am and 12:00pm-2:00pm
Monday, Nov. 24th 7:45am-8:30am
Tuesday, Nov. 25th 7:45am-9:00am and 12:00pm-1:30pm

Week 2: December 1st – December 5th

Weigh-In Times

Tuesday, Dec. 2nd 3:00pm-5:00pm
Wednesday, Dec. 3rd 7:45am-9:00am
Thursday, Dec. 4th 7:30am-9:00am and 12:00pm-1:30pm

Week 3: December 8th – December 12th

Weigh-In Times

Tuesday, Dec. 9th 12:00pm-1:30pm and 4:00pm-5:00pm
Wednesday, Dec. 10th 7:45am-9:00am and 12:00pm-1:30pm

Week 4: December 15th – December 19th

Weigh-In Times

Tuesday, Dec. 16th 3:30pm-5:30pm
Wednesday, Dec. 17th 12:00pm-1:30pm
Thursday, Dec 18th 8:00-10:00am

Week 5: December 22nd – January 4th

NO WEIGH-INS

Week 6: January 5th – January 9th

Weigh-In Times

Tuesday, Jan. 6th 3:30pm-5:30pm
Wednesday, Jan. 7th 12:00pm-1:30pm
Thursday, Jan. 8th 8:00-10:00am

***Weigh-in days and times subject to change with notice.**

****To be eligible for drawing you must weigh in 3 times. Once during week 1, once during weeks 2-4, and once during week 6.**

For more information contact:
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