

2008 Fall Weight Loss Challenge

The Weight Loss Challenge is an exciting and unique opportunity for Mercer employees to lose weight. The program is designed to inform participants on the factors essential to safe and healthy weight loss, and to provide the motivation necessary to keep participants focused. Participants will receive tools and tips to be successful, and the encouragement to achieve individual weight loss goals.

Employees selected to participate will be required to sign and submit an official application, HIPAA and Liability Release forms, and also provide a Physician's Medical Clearance to begin the program.

There will be an initial orientation the first week in September. Participants will be put into their respective teams, weighed, and given their tool kits for the Challenge. The challenge will run for 10 weeks assisted and 10 days solo, officially beginning on Sept. 15, and ending on December 3, 2008.

Participants will be divided into teams. There will be a mandatory Monday Morning Weigh-In, where all team members' official weights are recorded weekly. The total beginning and combined weight loss of the team is the weight recorded. Individual weights will be tracked, but not posted.

Each week, participants will attend either a workshop on a topic related to healthy weight loss or compete in a mental/physical challenge. These events will be held every Wed. afternoon from 4:00 to 5:00 p.m. Prizes will be rewarded to winners of the competitions.

At the end of 10 weeks, participants will have ten days during which they will be "on their own." The final weigh-in will take place on Thursday, Dec. 3rd. The contestant who loses the greatest percentage of body weight in combination with the most significant changes for healthy living will win the Fall Weight Loss Challenge and a cash prize. Team (or group) prizes may also be awarded. Criteria for group wins may change from season to season.

Employees who are seriously interested and 100% committed, please reply to Rachel May May_RL@Mercer.edu and let us know you want to compete in the Fall Weight Loss Challenge.

Participants are expected to abide by all rules and attend all scheduled events throughout the course of the Challenge.