



# FALL CHALLENGE 2011

## ***The Bear Facts...***

***What is it?*** The Fall Weight Loss Challenge is a 10-week program that gives you the information, coaching and support you need to lose weight. The Challenge is reserved for staff, faculty and their spouses who have a body mass index (BMI) of 25 or higher. It is a team competition, albeit a friendly one and those who lose the greatest percentage of weight will be rewarded.

***Will I be on a team?*** All participants will be assigned to a team, and each team will have a coach to offer support, guidance and motivation. Participants are welcome to request to be on the same team with someone and we will do our best to honor those requests.

***How does Challenge work?*** Challenge officially begins on October 10<sup>th</sup>. However, in preparation for Challenge we will have 3 diet-readiness sessions (9/21, 9/28, 10/5) to give you the tools to hit the ground running on Day 1. Each week throughout Challenge you will weigh-in with Wellness on Mondays. Every Wednesday from 4-5 pm we will meet for educational sessions or team challenges (see: [schedule](#)). At the close of our 10 weeks, you will have 11 days of temptation – the holidays! The final Challenge weigh-in will take place after the New Year and winners will be announced at our Challenge luncheon on January 6<sup>th</sup>.

***How do we win?*** This is a competition. Each week the percent of weight lost by members of the teams will be announced. If your team loses the highest percent of weight for that week, you win the week. But there are special twists; the game *will* change as the weeks become more challenging.

***What do we win?*** There will be cash, \$100-\$300 for top winners and participants will be awarded Healthy U points for each class attended. To compete in the Challenge, you must attend at least eight Wednesday sessions and weigh-in every week. If you do not meet this minimum, you will not be included in team rewards. If we have a waiting list, failing to meet program requirements within the first 5 weeks will result in exclusion from the program in order that more serious competitors may join in.

***Will my weight remain confidential?*** Absolutely! Wellness takes privacy very seriously. All health-related information is HIPPA protected. Your individual weight and weight loss will only be known to Employee Wellness staff.