Healthy Lifestyle Challenge

Let’s join together as an office and support each other to develop a healthier lifestyle for all. We all have things that we can improve on to live a healthier life, whether it be eating out less, exercising more, incorporating more fruits and vegetables in our diet, getting better sleep, losing some weight, or even decreasing our daily stress levels by setting 10 minutes a day aside to relax with no distractions. Everything is easier to do with a support group and having people there to hold you accountable for the things that you want to change. This office challenge is to help promote and encourage us as a group to be as healthy as we can be.

**Why participate:**

* A reduced risk of chronic diseases such as heart disease, diabetes, and high blood pressure and cholesterol
* Increased energy and morale
* Increased self-esteem
* Better weight control
* Decreased dollars spent on medical bills and insurance
* Healthier joints, bones and muscles
* Increased flexibility and fitness level
* Longer life
* Increased quality of life
* **The winning group will get an awesome prize!**

**Who should participate?**

* EVERYONE! Those who decide to participate will be divided up into even teams. Your team members will be your support system for the \_\_\_ week challenge.

**When does it start and how long:**

* The challenge will start on \_\_\_\_\_\_\_\_\_\_\_ and will last until final weigh in and measurements on \_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

Healthy Lifestyle Challenge

**OFFICAL RULES:**

All participants who have signed up for the challenge are committing themselves to the full \_\_\_ week challenge and agree to all the requirements starting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and ending on final weigh in and measurements \_\_\_\_\_\_\_\_\_\_\_\_\_\_. At the end of the challenge, the team with the most overall points will win a prize. There will also be weekly prizes being handed out. The weekly prizes will vary from the most weight loss in a week, most exercise, most inches, etc. You will not know what the category is until the prize is handed out to the winner, so we all need to be consistent on everything :)

**Requirements:**

* Weekly weigh ins (these will remain private)
* Exercise logging
* Beginning and ending measurements of waist and hips, and body fat analysis
* Being a supportive team member

**Points:**

* Each team will start accumulating points that will be tallied up weekly. At the end of the challenge, the team with the most points will win the overall prize. Points will be determined by:
  + 2 points per 1% excess weight loss
  + 2 points per 30 minutes exercise (Total points allowed from exercise per person, per week is 10)
  + 1 point per inch lost in waist and hips
  + 1 point per % body fat lost

**Weigh-Ins:**

* Weekly weigh ins will be required
* Each weigh in will be done on Mondays at 9am using office scale
* If you will not be in the office on Mondays, you will be allowed to weigh in on Tuesdays
* Weight will remain confidential, however weight loss and weight gain can be posted

**Measurements:**

* Waist and hip measurements will be taken on the first day of the challenge and the last day of the challenge
* Measurements will remain confidential, however inches lost can be announced

**Body Fat %:**

* Body fat % will be determined at the beginning and the end of the challenge
* In office scale will be used
* Body fat % will remain confidential, however % body fat lost can be announced

**Exercise:**

* Any type of exercise can be used
* You must have truthful that the exercise was done
* Exercise will be recorded on calendars provided
* Please turn your calendars in every Monday Morning to \_\_\_\_\_\_\_. Once points are determined, logs will be returned to you
* If your logs are not turned in by Monday at noon, exercise from that week will not count. (if you are out of office on Monday, you will be allowed to be turn it in late)
* You can only accumulate 10 points per week from exercise alone

This is to be a fun office challenge to help us all develop a healthier lifestyle at the beginning of the year that we can continue throughout the rest of the year. Please be supportive of your team members and so we can all be successful in living a healthier life - this is not just about weight loss!