

LEAN IN 2018 CHALLENGE!



The Lean in 2018 challenge will begin on Monday, January 15th! For this year's challenge, we will be focusing on more than just weight loss. In addition to tracking weight loss, we will also take initial body circumference measurements, body fat percentage, and lean muscle mass percentage. We will again use My Fitness Pal to track daily nutrition and exercise! Entry fee for the challenge is \$10. The top three overall participants will win a cash prize! For successfully completing the challenge, you can also earn 50 points towards your Interactive Health point goal.

In addition to weight loss, a weight maintenance category has been added as well. If you are at a healthy weight, you can still participate in weekly tracking. There is no fee for the maintenance portion of the challenge, but you can still earn 50 points towards your Interactive Health point goal for participating!

Initial meetings will need to be set in order to get your initial weight, measurements, and body analysis. These will be held the week of January 15th. They will take approximately 5 to 10 minutes, and can be set up by calling Jason at ext. 6252.

Available time frame slots are listed below:

Monday: 10:30am - 12:00pm, 12:30 - 3:00pm

Tuesday: 9:30 - 10:00am, 1:30 - 3:00pm

Wednesday: 8:00 - 9:00am, 1:30 - 3:00pm

Thursday: 2:00 - 3:00pm

Friday: 8:00 - 11:30am (RAMC-PG/SLC), 1:30 - 3:00pm

Again, these initial meetings will take 5-10 minutes, so there is a lot of open time to get in!

Scheduling for weekly weigh-ins will be sent to you via email after initial weigh-ins are completed in the first week.

For further questions, please do not hesitate to contact Jason at ext. 6252 or by email at jnoble@ramchealth.org