



# COUNTYWIDE FITNESS CHALLENGE 2011

The countdown is on....



1 more week until the



launches!

Starts the **week of January 17<sup>th</sup>**!

Are you ready to be the winner of the **“Biggest Loser – New Year’s Resolution Edition?”**

### **Not sure what to do?**

- Form a team of at least 1 and no more than 15 members
  - Choose a Team Captain
- Weigh in all team members during the week of January 17<sup>th</sup>
- Team Captains enter the team information on the “Biggest Loser” reporting site no later than January 21<sup>st</sup> at [www.surveymonkey.com/s/BiggestLoserStart](http://www.surveymonkey.com/s/BiggestLoserStart)
- Mid Point Weigh-In of February 14<sup>th</sup> • Weigh-out Week of March 14<sup>th</sup>

### **MOVE ACROSS AMERICA**

All “Biggest Loser” teams will be automatically enrolled in “Move Across America!” Each team member receives a pedometer/stop watch & pocket tracker to help keep track of your physical fitness activities and nutritional intake!

Once your team is enrolled, Kaiser will mail these great resources to your Team Captain!



Not participating in “Biggest Loser?”

You can enroll in “Move Across America” and be eligible for a prize!

Just go to: [www.surveymonkey.com/s/MoveAcrossAmerica](http://www.surveymonkey.com/s/MoveAcrossAmerica)

### **Need Some Healthy Tips?**

Weekly webinars hosted by PacifiCare will help you meet your “Biggest Loser” goals!

Every Thursday starting January 20<sup>th</sup> at noon!

Just click [HERE](#) to get you to the online seminar!

Don’t forget to dial-in too: 1-888-844-9904 Passcode: 8970136

### **FEED AMERICA - Give while you lose!**

Help Feed America by pledging your weight loss at [www.pfpchallenge.com/](http://www.pfpchallenge.com/)!

When you pledge, don’t forget to search for & join the **County of Los Angeles** team!

For every pound pledged, 11¢ will be donated to a local food bank!

It’s the easiest free donation you’ll every make!

Be a hero to someone in need!

For more information, contact your Departmental Wellness Manager.

