Healthy Holiday Challenge
CU on the Scale Weight Loss Challenge.... & so much more!

Welcome to the Healthy Holiday Challenge! Get ready to stay healthy and feel great this holiday season. In addition to our annual individual and team weight loss challenge, our goal is to help everyone focus on overall health, so we added something new this year!

We know there are many ways to stay healthy during the holidays—Physical activity, keeping track of your eating habits, engaging in a supportive environment and even getting adequate sleep are all important throughout the year, but especially during the busy holiday season. To encourage you during this challenge, we will send a weekly two-minute survey asking how you are doing in each of these categories. Points will accrue for minutes of physical activity, logging your diet, spending time with your team and getting adequate sleep each night. Prizes will be awarded to the team that accrues the highest # of points at the end of the challenge.

Initial weigh-in: Wed. Nov. 2nd at the Benefit’s Fair 8:30-3:00 PM -or- Friday, Nov. 4th at Dept. of EXS- Lab (KFC 150) 8:00 AM – 3:00 PM

Optional weigh-ins: Friday, Dec. 9th & Friday, Jan. 13th

Final weigh-in: Friday, January 27th at Dept. of EXS- Lab (KFC 150) 8:00 AM – 3:00 PM

Celebration Luncheon on Wednesday, February 1st 2017 @ 12:30 PM

2016-2017 Rules:
1. This is a 12 week challenge. Entry fee: $20/person
2. Teams will consist of 4 participants (CU employees, family or students are encouraged to participate).
3. Weight will be recorded to the nearest ½ lb. Participants are asked to wear the same (or similar) clothing for the weigh-ins.
4. All team participants must weigh in at the initial and the final weigh-in to be eligible for the team weight loss prize.

All Participants will receive:
• Individual Start-Up Kit with information to help you on this journey
• Weekly emails that contain links to our Holiday Challenge Blog that contains health and fitness tips and recipes to help you throughout the holidays
• A chance to win fabulous prizes awarded to individuals and teams
• Entry into a drawing for awesome raffle prizes at the optional weigh-ins.
• An invitation to the Celebration Luncheon on February 1st 2017

Prizes:
• Prizes will be awarded to the top 3 teams and the top 3 individuals that lose the highest relative %age of weight.

More Ways to Win Prizes this Year!
• The Team that accumulates the most points in the Healthy Holiday Challenge will be awarded a prize (points accrue by completing the online survey emailed to participants each week)

• Raffle Prizes and other awards throughout the program and at the Celebration Luncheon