



Employee Challenge Instructions

Hold off holiday weight gain for optimal health and great prizes!

Maintain No Gain is a wellness challenge for everyone. At a time when schedules are packed with increased responsibilities and holiday gatherings, it can be hard to sustain physical activity and a healthy weight. However, avoiding excess weight gain is an important health goal since excess weight can contribute to an increased risk of heart disease, diabetes, hypertension and certain types of cancers. The *Maintain No Gain* challenge will equip you with tips, tools and support to fend off holiday weight gain this season.

Registration: NOW to November 20, 2017!

Challenge Dates: Starts Monday, November 20 | Final Day Tuesday, January 2

How to Participate:

- Earn points for maintaining your weight and exercising 30 minutes or more each day.
 - Weight changes will be measured by calculating the difference between a starting and ending weight. **You will track your own weight and only report if you are successful using the instructions on your Challenge scorecard.** If you need a scale to weigh yourself, contact Michelle Peryea, Safety and Wellness Coordinator.
- You can earn points the following ways:

Activity	Points Earned	Maximum Points Achievable Throughout the Challenge
Exercise 30 minutes or more each day	1 point each day	44
Maintain weight within 2 pounds from the start of the challenge until the end (or have lost weight)	50 points earned at the end of the challenge	50
Maximum Total Points Earned		94
Points Needed to Win		74

- Check your inbox and keep an eye out for Challenge communications on our message boards at your worksite for tips and tools.
- Keep track of your points on the scorecards. Scorecards will be available at your worksite, in the HR office and on the RKxchange under “All Documents” and “Lexington Wellness Program Information.”
- Submit your completed scorecard to Michelle Peryea, Safety and Wellness Coordinator, by Tuesday, January 9, 2018.

Participants who earn 78 points or more will have their name entered into a raffle to receive one of five 1-week of Blue Apron Family Meal Plans. If you win, you get to make preferred meal selections and for one week you will have delivered to your home enough ingredients to make 3 dinners for a family of four. How awesome is that!!!!

Commit to a healthy holiday season!

To register, fill out a pledge card today! See pledge card on back!