

National Employee
Health & Fitness Month

Better
Me

Weight Loss Challenge

May 5 - June 30

8 Week Challenge

First Weigh-In Tuesday, May 5th

Weekly Prizes -

anyone that loses weight is eligible to win a:

3-month Health Club membership,

1-Hour Massage

Health Club T-shirt

Grand Prize -- *(anyone that lost weight overall in the challenge)*

a drawing for a \$100 Sunset Mall Shopping Spree

Individual Challenge

Set Your Goal Weight

Weekly Tips and Recipes

Weekly Weigh Ins

11am-12pm each Tuesday in Human Resources

If you are unable to weigh during this time, you may email your weight to Janet at janet.charlesworth@sacmc.com

FMI contact Janet Charlesworth at 947-2582 or email her at janet.charlesworth@sacmc.com