

Back to the basics in

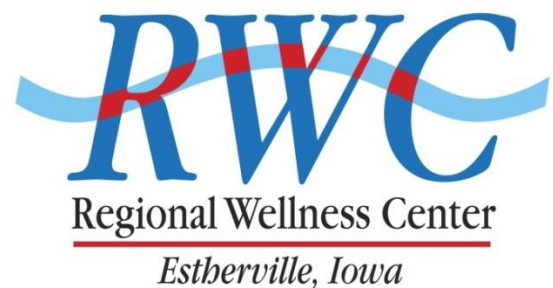
2018



Lifestyle Challenge



Sponsored by:



2018 Lifestyle Challenge

For the "HEALTH" of it!

Why
Join?

Sponsored by Avera Holy Family Hospital and Your Regional Wellness Center

WHAT:

Lifestyle Challenge – Helping you improve your health and wellness through weight loss, exercise, and good nutrition.

WHEN:

Initial weigh-in is Friday, January 5, 2018 @ the RWC at 6:30-9am; and 3:30-5:30pm.

LENGTH:

12 Weigh-Ins (January 5 to March 23) on Fridays @ the RWC (Weigh-in times: 6:30-9am, 3:30-5:30 pm)

WHO:

TWO to SIX persons make up a team and may consist of male, female, co-ed, family, co-workers or anyone who wants to improve their health by exercising and/or losing weight. You do NOT need to be an RWC member to participate, however RWC members will have the advantage of utilizing the RWC amenities for their weight loss and exercise goals.

\$40.00 per INDIVIDUAL (**Employee Group Discount: \$30.00 per individual if entry fee is paid by employer check**- contact Jen Hough at Avera or Bob Grems at the RWC for employee group information – employee groups do not need to be on the same team or with fellow employees – just need to have entry fee paid by employer check). The RWC will gladly invoice a business for their employees.

What you get for your investment:

- Weekly weigh-ins at the RWC to keep you accountable.
- Weigh-ins will be at the RWC from 6:30-9 am, and 3:30-5:30 pm each Friday.
- We will track both weight loss and minutes – we will record and post **weight loss percent** (not individual weights) along with exercise minutes. **Minutes will be averaged by team.**
- Instructor lead fitness classes to help you reach your goals
- Monthly calendars with Lifestyle Challenge Retro Party
- Specified weeks will feature a health related special topic on Fridays at the RWC
- Team and individual give-a-ways, contests and prizes throughout the competition
- W.O.W. (Workout of the Week)
- Pertinent health and wellness information provided
- Healthy recipes with samples
- My Fitness Pal menu sharing; Twitter; Facebook closed group
- Body Fat % device available throughout challenge
- Nutrition classes include grocery store tour, cooking class, label reading, and more

ADD-ON OPTIONS:

1. If you are not a RWC member and have not been for over 6 months, join the Lifestyle Challenge and receive \$50.00 off your membership. Offer valid January 5 to January 31, 2018.

2. Discount on RWC Fitness Class registration fees for the Spring II Fitness Session: Members/Nonmembers:\$15.00 discount per class (class must meet 2 or more times per week)

Retro 2018

Goin' old school with folders, paper, and pencil

Tracking exercise minutes

Goal setting

Set goals, meet goals: earn a T-shirt

Waist Circumference

Menu planning/Meal prep ideas

Great Prizes