



IS IT TIME?

ARE YOU READY FOR A CHANGE?

JOIN US FOR THE

LYNCH LIVESTOCK

BE HEALTHY

CHALLENGE

THE BE HEALTHY CHALLENGE IS A 2 PART PROGRAM TO ENCOURAGE ALL EMPLOYEES TO LIVE HEALTHIER LIVES.

** PART1—A WEIGHT LOSS CHALLENGE FOR TEAMS OF 2 TO 4 EMPLOYEES

** PART2— GET FIT! MONTHLY INCENTIVES

ALL EMPLOYEES MAY PARTICIPATE IN ONE PART OR BOTH!

CASH PRIZES WILL BE AWARDED

——SEE BACK SIDE FOR DETAILS——

LYNCH LIVESTOCK IS COMMITTED TO HEALTHY LIVING AND ENCOURAGES **ALL EMPLOYEES AT ALL LOCATIONS** TO JOIN THE BE HEALTHY CHALLENGE!!

BE HEALTHY CHALLENGE

11/2/2011—4/30/2012

PART 1 —Weight Loss Challenge:

A Team consists of 2 – 4 employees

If you do not have a team member, we will try to help you find one.

Weigh on or around 11/2/11

Employees will weigh individually and the team's weight will be compiled

Employees not located in the Waucoma area may weigh at their local health care provider. A form will be made available to be filled out and sent in for recording.

****Please see *Rules for Weighing*

Monthly weigh-ins will be available. A leader board will be displayed.

Final weigh-in on or around 4/30/12

Weight loss determined by team overall percentage of weight loss.

Team members are encouraged, but not required, to individually participate in the Get Fit! Monthly incentives

First place team awarded \$400.00

Second place team awarded \$200.00

PART 2 —Get Fit! Monthly incentives:

Employees participate on an individual basis.

Employees may participate in the monthly incentives without being on a weight loss team

Employees may do either one of the incentives or both for any or all of the 6 months

Incentive 1. Record and submit intentional exercise of at least 30 minutes a day for 3 days each week for the month

Incentive 2. Record and submit calories consumed for any 5 days in the month

Forms must be submitted and received by the 3rd of each month.

Forms may be mailed, faxed or emailed.

Forms must be complete to be eligible for that months drawing.

Random drawings will be held for each incentive from all submitted entries at the end of each month for cash prizes

—————**To sign up or to request an information packet, call Amy H. @ (563) 776-3039**—————

*****Rules for Weighing*—No shoes, boots, etc may be worn, all pockets will be emptied and/or turned out, Type of clothing will be recorded and must be worn or carried at each weighing. Ex: jeans and sweatshirt. Any employee found to be “padding” (hiding weights or other heavy objects) will be ineligible for any prizes along with their team members!