

# ***THE CITY OF STAMFORD WELLNESS COMMITTEE ANNOUNCES A TEN WEEK HEALTH CHALLENGE***

***SEPTEMBER 14 – NOVEMBER 20, 2015***

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- ❖ ***OPEN TO ALL CITY OF STAMFORD EMPLOYEES***
  - ❖ ***FRIENDLY COMPETITION***
  - ❖ ***COMPETE AS A TEAM AND AS AN INDIVIDUAL***
  - ❖ ***POINTS ARE AWARDED FOR PARTICIPATING IN AND WINNING CHALLENGES***
  - ❖ ***REACH YOUR FITNESS GOALS AND HAVE FUN***
  - ❖ ***COOKING CONTEST***
  - ❖ ***LEARN ABOUT NUTRITION AND OTHER HEALTH AND WELLNESS TIPS***
  - ❖ ***WIN GREAT GIFTS AND PRIZES***

## ***REGISTRATION & INFORMATION SESSION:***

***MONDAY, SEPTEMBER 14, 2015 FROM 11 A.M. TO 2 P.M.***

***BOARD OF EDUCATION BOARD ROOM (5<sup>TH</sup> FLOOR)  
GOVERNMENT CENTER***

## Here are some rules:

1. Form a team of four (4) City employees. Name it, register it, and appoint a captain! We will help you find you a team-- if you can't find one.
2. Each participant must weigh in at the beginning and end of the ten week challenge (weigh in will be conducted in a private setting and your weight is not shared with your teammates).
3. Participate in 1 or all of the 5 challenges and accumulate points!
4. Two of the challenges last the entire 10 weeks. Three of the challenges last for 1 to 3 weeks within the ten week period.
5. Challenges include:
  - ✓ **Weight loss** achieved during the 10 week period (based on percentage of body weight). Receive points based on the percent of weight loss up to a **maximum percent** (we want you to be healthy and retain the loss!)
  - ✓ **Step contest.** Win participation points if you complete the step threshold to receive points during the three week period and get bonus points if you exceed the threshold. You will receive a special gift to assist your participation in his contest!
  - ✓ **Food contest/team spirit.** Your team must cook a healthy dish and send in a photo or video of your team in the challenge t-shirt showing team spirit. All team members receive participation point and the winning team receives bonus points.
  - ✓ **Exercise Challenge.** Win participation points if you meet the minimum number of minutes spent exercising during the three week period and get bonus points if you exceed the minimum. You will receive a temporary membership at the YMCA to assist you in participating in this contest.
  - ✓ **Strive for 5.** Keep a log of your daily consumption of fruits and vegetables and if you eat at least 5 servings of fruits and vegetables each day for at least 50% of the challenge (35 days) you will receive participation points. You will receive a log book to assist you in recording your daily diet.
6. At the end of the challenge period, members of the top three teams who have accumulated the most points will receive gift cards and the three top individuals who have accumulated the most point will also receive gift cards.

**More details to follow....**