

The **BIGGEST LOSER** Challenge

Challenge Dates:
September 14th-October 26th

The Biggest Loser Challenge is a 6-week individual weight loss Challenge brought to you by Our Lady of the Lake University and Personalized Prevention. Losing weight can be tough, so challenge your coworkers to take this challenge with you. You will be provided educational articles, weekly Challenge emails, and resources like the weight log, food log, and cardio log via the Wellness Portal throughout the Weight Loss Challenge.

How Do I Join?

To join the challenge you must pay \$20 cash per person, to the Human Resources Department the day of weigh-ins.

Onsite Weigh-Ins

September 14th & 15th

9:00-11:00 am

HR Conference Room

Onsite Weigh-Outs

October 26th & 27th

9:00-11:00 am

HR Conference Room

Prizes are available to individuals with the highest percent weight loss. More information on prizes to come!