

Drop It While It's Hot! Weight-Loss Challenge 2019

WHO: All employees who are looking to lose /continue to lose weight are welcomed!

WHAT: A 6-week Challenge focused on percent of body weight lost

To participate, sign up through Daily Endorphin (DE) either by clicking on the orange "Join Drop it While It's Hot Challenge:" tab on your dashboard OR through the below link:

<https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3>

Weight will NOT be able to be viewed by anyone else on Daily Endorphin—it is strictly used as a method of keeping track of who has signed up and how much weight they lose.

This is a %-based weight loss competition. Enter initial weight on the morning of August 19th. Weigh yourself each subsequent Monday morning and log it in your account. Additionally, if you wish, you can enter daily or weekly exercise minutes in daily/week log as well.

1.) **There will be 3 options for weigh-ins:**

- A.) Angel can meet with you on-site for initial & final weigh in
- B.) Email/text a picture of your start/end weight on your scale to Angel
- C.) No weigh-in or picture, just on your honor entries

2.) Safe weight-loss tips and ideas will be sent out weekly.

3.) **To be eligible for weekly prizes**, a weekly weight must be entered into DE (these weigh-ins can be conducted at home, on your honor, no photographic record necessary), every Monday.

4.) Grand prize awarded to the person who achieves the largest percent of body weight lost (NOT pounds). Prizes include gym memberships, personal training sessions, activity trackers, massage gift certificates and MORE!

5.) **Crash-dieting will NOT be allowed.** This challenge is for safe, sustainable weight-loss. *Safe weight-loss is considered losing 1-2lbs/week.*

6.) **LASTLY, earn extra points!** Although this is not a team challenge, **groups are encouraged to ADD one 30-minute session of physical activity every week to their NORMAL routine** - meaning in **addition** to your normal routine, you would go for a walk with other challenge participants, or add in 30-min of bodyweight exercises such as squats, push-ups, plank, etc. with other challenge participants, or go for a bike ride as a group after work, etc.

WHEN: Challenge runs August 19th—September 30th

***Sign up via Daily Endorphin. If you have not registered for an account through Daily Endorphin before, please see FAQ's.**

Questions? Contact Wellness Coordinator, Angel Hohenstein at 218-730-5201 or email ahohenstein@duluthmn.gov .

