‘Tis the Season to Maintain
Don’t Let The Holidays Make You Gain!

The challenge begins Friday, November 21, 2014 and ends Thursday, January 8, 2015 for a total of seven weeks.

The objective of the challenge is for each team of four employees to support each other as they each complete seven weeks of Maintain Campaign healthy habits tasks resulting in a maintained weight at the end of the holiday season. Each employee that completes all seven weeks will be eligible for the raffle drawing. The team with the most points will also be rewarded.

This is a team competition. Each team will consist of four employees. Come up with a team name, register your team, and weigh in at the beginning and at the end.

Before completing the team registration, the captain will need the names and employee # of all team members and a team name.

All teams must be registered and weigh in by the competition start day, November 21st.

Your captain will need to contact the Wellness Center at wellness@pinellascounty.org or 464-4049 to schedule your team’s weigh in. Five bonus points will be given to each team member for weighing in at the start and for maintaining your weight within 2 pounds at the end.

Please read the complete rules and instructions on participating. Make sure that all team members are provided this information.

Maintain Campaign Instructions
Maintain Team Online Registration

Please remember this competition is on the honor system. Be healthy and have FUN!
If you have any questions or need additional information, please contact the Wellness Center at 464-4049 or wellness@pinellascounty.org

Take the challenge to MAINTAIN healthy habits through the holidays!!!