



Are You Ready To Lose Weight & Win?

Dear Employees:

It's time for the First Annual Business Weight Loss Competition! Mission Hospital is challenging other Asheville area businesses to join them in getting healthier!

The goal of the team challenge is simple: Beginning September 1, 2009 businesses are invited to form teams that will compete against other teams for 3 trimesters (16 weeks each) to lose the greatest percentage of body weight. The team with the greatest percentage of body weight loss each trimester will win the prizes. And, there are lots more prizes!

Go to www.lightenup4life.com/mission to register today!

Here's How

- Choose a coordinator to help with your team/teams
- Choose 3 other employees to join you in creating a four-member team
- Assign a name to your team (Be as creative and silly as you please)
- Each team member who wants to join must complete the Lighten Up 4 Life registration - on www.lightenup4life.com/mission
- Weigh-in dates are listed on www.lightenup4life.com/mission

Lighten Up 4 Life will help motivate you with diet and exercise tips and video segments that help you choose healthy foods and meet your weight loss goals. We will share success stories and creative ideas from other area businesses as well!

Each trimester starting in December 200, teams with the greatest percentage of weight loss will be spotlighted on www.lightenup4life.com/mission.

JOIN US!

Have Fun, Lose Weight And Inches, Get Healthy And Win Prizes!